CONTENTS

Page

General Information.......... 1
Beverages.......... 22
Breads and cereals.......... 29
Desserts.......... 45
Main dishes.......... 61
Salads and salad dressings.......... 117
Sandwiches.......... 135
Soups.......... 143
Sauces.......... 149
Vegetables.......... 156

Appendix

Nutritive value of a serving of food.......... 182
Index to recipes.......... 198

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CONTENTS

Page

Introduction.......... 2
Dietary guidelines.......... 4
Keeping food safe to eat.......... 5
Recipe adjustment.......... 9
Ingredients.......... 9
Measuring ingredients.......... 12
Abbreviations.......... 12
Terms used to describe oven temperatures.......... 13
Alternate ingredients.......... 14
Measures for obtaining equal size servings.......... 15
Approximate dimensions of serving sizes from different pan sizes.......... 16
Common can sizes.......... 17
Food costs.......... 18
Government publications.......... 20

INTRODUCTION

The standardized recipes and the information in this file should be helpful to persons serving food in quantity. Inexperienced food service personnel and those who occasionally prepare food in quantity will find this material especially useful. Standardized recipes are necessary in all quantity food preparation to ensure that expected servings and uniform quality are obtained each time a recipe is prepared. Food waste will be kept to a minimum if the recipe yield is predictable.

THE FILE

The file consists of a general information section, nine sections of recipes, and an appendix giving the nutritive value of the recipes on a per serving basis.

The general information section contains the information needed to make the best use of quantity recipes. Included in this section are the following subjects:

- Dietary guidelines
- Keeping food safe to eat
- Recipe adjustment
  - Fraction to decimal equivalents
  - Equivalent weights and volume measures
- Ingredients
  - Measuring ingredients
  - Abbreviations
  - Oven temperatures
  - Alternate ingredients
- Measures for obtaining equal size servings
- Approximate dimensions of serving sizes from different pan sizes
- Common can sizes
- Food costs
  - Calculating food costs
- Government publications

The file contains recipes and general instructions arranged as follows:

- Beverages
- Breads and cereals
- Desserts
  - Dessert ideas
- Main dishes
  - Cooking dry beans and peas
  - Cooking eggs
  - Roasting meats
  - Braising or pot roasting meats
  - Simmering meats
  - Preparing poultry for cooking
  - Roasting turkey

Main Dishes (continued)
- Stewing or steaming chicken or turkey
- Storing and thawing fish and shellfish
- Cooking fish and shellfish

Salads and salad dressings
- Preparing vegetable and fruit salads
- Salad combinations
- Cold-plate lunches

Sandwiches
- Preparing sandwiches
- Sandwich filling suggestions

Sauces

Soups

Vegetables
- Preparing fresh vegetables for cooking or serving raw
- Vegetable serving suggestions
- Vegetable mixtures
- Boiling and steaming fresh and frozen vegetables
- Preparing canned vegetables

Calories and amounts of various nutrients per serving are given for each recipe in the Nutrient Information section. These data will be of help in planning menus and diets. (See Nutritive Values, page 182.)

RECIPE YIELDS

The recipes are standardized to provide 100 servings of a specified size or a specific number of items such as loaves, pies, or cookies, or for a specific amount such as 1 gallon. The recipes can be changed to yield different amounts using the directions on pages 9 to 11 in the general information section. Changing the serving size will also require adjustment in size of the recipe.

GOVERNMENT PUBLICATIONS

The Government publications listed on pages 20 to 21 in the general information section include publications on nutrition, community meals, menu planning, food sanitation, and equivalent measures. These publications supplement the information in this file.

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DIETARY GUIDELINES

The U.S. Departments of Agriculture and Health and Human Services have jointly issued "Nutrition and Your Health--Dietary Guidelines for Americans"[1] to help most Americans, those who are already healthy, to choose and prepare food to maintain health. These guidelines will be useful in meal planning as well as in using these recipes. Of course, meals for those on special diets for health reasons must follow specific diet prescriptions.

The guidelines are:

- Eat a variety of foods
- Maintain ideal weight
- Avoid too much fat, saturated fat, and cholesterol
- Eat foods with adequate starch and fiber
- Avoid too much sugar
- Avoid too much sodium
- If you drink alcohol, do so in moderation

The guidelines were considered in both the selection and the development of recipes for this file. The recipes, in general, contain moderate levels of fat, saturated fat, and cholesterol. However, some recipes which are higher in these components can be included in the day's menu if other food choices are moderate. Sugar and sodium levels are modest, but amounts used are still within the limits of acceptable eating quality. Herbs and spices are used to enhance flavors in recipes containing lessened amounts of sodium. Some whole-grain products and fresh fruits and vegetables are included to contribute fiber as well as essential materials and vitamins.

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[1] See General Information, page 20, for information on how to order a copy.

KEEPING FOOD SAFE TO EAT

Because public health is at stake, everyone concerned with quantity food service must recognize the importance of food sanitation in food preparation and service. Understanding reasons for stringent measures to prevent foodborne illness makes following them easier than if they are merely regarded as rules to satisfy the health department.

More than 2 million cases of bacterial food poisoning occur every year. The bacteria that cause most of the food poisoning cases are everywhere in the environment. Prevention becomes a matter of stopping the growth of these bacteria or of killing them at the proper time to prevent their causing food poisoning. Lack of sanitation, insufficient cooking, and improper storage can allow bacteria in food to increase to dangerous levels.

Food containing Salmonella can cause an infection called salmonellosis in man. Examples of foods involved include raw meats, poultry, eggs, milk, fish, and foods made from them.

The bacterium, Staphylococcus aureus, produces a toxin which can cause "staph" poisoning, probably the most common foodborne disease in the United States. Examples of foods which may support the growth of staphylococcus are custards; egg, potato, chicken, and macaroni salad; ham; salami; and cheese.

The toxin produced by the bacterium, Clostridium botulinum, causes botulism, a rare, but extremely deadly kind of food poisoning. Inadequately processed home-canned foods are often the cause of botulism. Canned low-acid foods such as poultry, fish, mushrooms, and other vegetables, and smoked fish have been identified as possible products in which the bacterium could grow.

Another bacterium which can cause foodborne illness is Clostridium perfringens. Cooked poultry or meat stews, soups, or gravies allowed to cool slowly and then held for some time have been associated with perfringens poisoning.

Specific information on the causes, symptoms, and prevention of these bacterial foodborne illnesses is found in Home and Garden Bulletin 162, "Keeping Food Safe to Eat." The General Information Section, page 20, lists information on how to order.

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KEEPING FOOD SAFE TO EAT--Continued

Food safety in food service operations is regulated by county and city health department codes. Become familiar with the regulations concerned with food and food handlers. The following conditions are important in preventing growth of bacteria in quantity food preparation: Maintain strict CLEANLINESS, keep HOT foods above 140°F, and keep COLD foods below 40°F.

To prevent contamination of food, maintain strict CLEANLINESS of:

. Equipment

Use utensils to pick up and handle food. If fingers are needed, wear disposable gloves, but change them when moving from raw to cooked food. Keep cutting boards, can openers, grinders, slicers, and work surfaces very clean. Sanitize between use for raw and cooked food if separate equipment is not available. Handle dishes and utensils so that the drinking or eating surfaces are not touched. Set aside tasting spoons for washing after each use. Sanitize equipment and equipment parts that make contact with food and that cannot be cleaned in the dishwasher by washing and then immersing for at least 1 minute in a cleaning solution containing a tablespoon of chlorine bleach (labeled 5.25 percent) per gallon of water at a temperature of at least 75°F. Local codes also list other sanitizing agents that may be used, or use a commercial sanitizing agent that meets requirements stated in the code.

. Self

Adequately restrain hair. Frequently wash hands with water and soap, the most widely used disinfectant. Keep hands off face and hair. Cough or sneeze into disposable tissues only and wash hands afterwards. No one with an infected cut or other skin infection should be permitted to work with food because the bacteria causing the infection may be one that could cause a foodborne illness. Smoking should be prohibited in food preparation areas.

. Facilities

Have chairs or stools for sitting and use separate cloths for washing tables and chairs. Use separate sink for washing hands. Have especially clean work surfaces for preparation of mixes that require several steps. Never place cooked food on the surface used for raw preparation unless the surface has been washed to prevent spread of bacteria from the raw food into the cooked. Maintain clean adequate restrooms provided with soap and paper towels or air dryers.

Food may not be safe to eat if held for more than 2 or 3 hours between 60° and 125°F, the temperature at which bacteria grow rapidly. This includes all time during preparation, storage, and serving. The foods most vulnerable to bacterial growth are meat, poultry, seafood, eggs, and milk. Use food thermometers and control total time ingredients and products prepared from them are allowed to be at room temperature. All guidelines apply to buffet- and picnic-style meals as well as to the usual food service styles.

Keep HOT foods above 140°F.

If possible, cook frozen meat, poultry, and fish without thawing, but add more cooking time to be sure center of the meat is properly cooked. (See main dishes, pages 66 to 84.) Inadequately cooked foods may not be safe to eat. Do not partially cook meat or poultry one day and complete cooking the next day. Cook poultry and stuffing separately.

Thoroughly cook such foods as croquettes, fish cakes, bread stuffing, meat loaves, and meat, poultry, and fish stews and casseroles. Browning only the outside may leave bacteria in the center that can multiply rapidly. Cook these foods immediately after mixing or refrigerate in shallow containers.

Use only fresh, clean, unbroken, and odor-free eggs in any recipe in which eggs are not thoroughly cooked, such as scrambled eggs, omelets, or puddings.

Cracked or soiled eggs may contain harmful bacteria. They should be used only in foods that are to be thoroughly cooked, such as baked goods.

Use dried or frozen eggs only in foods that are to be thoroughly cooked unless the label states that the product is safe to use in uncooked or slightly heated foods.

Follow directions exactly on all packages of prepared and partially prepared frozen foods. Heat for the specified time to assure that the food will be safe to eat.

Heat leftovers thoroughly. Boil broth and gravies several minutes when reheating them.

Remember, 2 to 3 hours is the maximum time food should remain at 60° to 125°F to be sure it is safe to eat. To be sure refrigerated hot food reaches a safe temperature when stored, test it with a food thermometer.

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Keep COLD foods below 40°F.

Frozen meat, poultry, and fish can be cooked without thawing. However, if you desire to thaw frozen meat, thaw it in the refrigerator. Thaw poultry in the refrigerator or under cold running water following instructions in the Main Dish Section, page 74. Thaw fish using instructions in the Main Dish Section, page 81. Thaw only until meat, poultry, or fish is pliable.

Remove meat and poultry cooked for use in combination dishes from the bones and chill separately.

Rapidly cool cooked foods to be served cold by placing food in shallow serving pans (no deeper than 2 inches) or by portioning and refrigerating immediately. These include custard, chocolate, lemon, and vanilla puddings, and ingredients for egg, fish, meat, poultry, and pasta salads.

Use chilled ingredients to prepare cheese, egg, fish, meat, and poultry sandwiches and salads containing little or no vinegar or other acid food. After mixing, store in shallow serving pans in the refrigerator to chill thoroughly for serving.

Use chilled ingredients to prepare casseroles containing milk products, meat, poultry, fish, and eggs that will not be cooked immediately. Refrigerate until cooking.

Follow specific instructions on the package when using commercial egg mixes to make uncooked foods.

Put perishable foods directly into the refrigerator. Prepackaged poultry and meats should remain in the original wrapping, but when not prepackaged, meat should be loosely wrapped.

Put leftovers in shallow containers and refrigerate as soon as possible.

RECIPE ADJUSTMENT

General Information

The recipes in this file have been standardized to yield 100 servings of a specified size or a given amount of food, such as 12 pies. It may be necessary to adjust the size of the recipes because more or less than 100 servings are needed or the specified serving size is too large for the persons for whom the food is being prepared. In each of the examples below, calculations are made to determine a factor to use in adjusting the amount of each ingredient.

Find the Factor

Example 1

To adjust the recipe to yield more or less than 100 servings of the size specified, the number of servings needed is divided by 100 to obtain the factor. To obtain the factor to use for adjusting a recipe to 175 servings, the following calculation is made:

175 (No. of servings needed) ÷ 100 = 1.75 (factor)

Example 2

To adjust the recipe to yield 100 servings of a size different from that specified, divide the size serving desired by the size serving specified in the recipe to obtain the factor. To obtain the factor to use for adjusting a recipe from a specified 3/4-cup serving to a 1/2-cup serving, the following calculation is made:

1/2 or 0.5 cup (serving desired) ÷ 3/4 or 0.75 cup (serving specified) = 0.67 (factor)

Example 3

To adjust a recipe yielding a specified amount of food such as 12 pies to yield a different amount of food, divide the amount of food desired by the amount of food specified in the recipe to obtain the factor. To obtain the factor to use for adjusting a pie recipe to yield 18 instead of 12 pies, the following calculation is made:

18 (No. pies desired) ÷ 12 (No. pies specified) = 1.5 (factor)

Multiply by Factor

The amount of each ingredient in the recipe being changed is adjusted by multiplying the amount of the ingredient specified in the recipe by the factor. If 14 ounces of an ingredient is specified in a recipe and the factor obtained by one of the previous

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calculations is 1.60, the following calculation would be made:

14 ounces (amount in recipe) x 1.6 (factor) = 22.4 ounces (amount in adjusted recipe)

The decimal part of an ounce will need to be changed to the nearest measurable amount such as 3/8 or 1/2 ounce depending on the sensitivity of the scale used, i.e., the smallest unit that can be weighed--1/8, 1/4, or 1/2 ounce. Tables given on this page will help in making the calculations.

Adjusting the amounts of an ingredient measured by volume instead of weight is made in the same manner. To adjust 2 cups of an ingredient specified in a recipe using a factor of 1.6, multiply as below:

2 cups (amount in recipe) x 1.6 (factor) = 3.20 cups (amount in adjusted recipe). Increase 3.20 cups to the next higher measurable amount, 3.25 cups.

EQUIVALENT WEIGHTS AND VOLUME MEASURES

1 pound	=	16 ounces
1 fluid ounce	=	2 tablespoons
1 tablespoon	=	3 teaspoons
1/4 cup	=	4 tablespoons
1/3 cup	=	5-1/3 tablespoons or 16 teaspoons
1/2 cup	=	8 tablespoons
2/3 cup	=	10-2/3 tablespoons or 32 teaspoons
3/4 cup	=	12 tablespoons
1 cup	=	16 tablespoons (8 fluid ounces)
1 quart	=	4 cups
1 gallon	=	4 quarts

FRACTION TO DECIMAL EQUIVALENTS

Fraction		Decimal
1/8	=	0.12
1/4	=	.25
3/8	=	.38
1/2	=	.50
5/8	=	.62
3/4	=	.75
7/8	=	.88

The following example shows how a 100-serving recipe would be adjusted by volume or by weight to yield 175 servings. The factor used would be 1.75.

Lemon Parsley Carrots (Vegetables, page 173)

Ingredients	Volume adjustment	Weight adjustment
Frozen sliced carrots-------------	--------------------------------------	20 lb x 1.75 = 35 lb
Frozen chopped onions-------------	1 qt x 1.75 = 1.75 qt or 1-3/4 qt-------	1 lb x 1.75 = 1.75 lb or 1 lb 12 oz
Boiling water---------------------	2 qt x 1.75 = 3.5 qt or 3-1/2 qt--------	----------------------
Salt------------------------------	1/4 cup (4 tablespoons) x 1.75 = 7 tablespoons--------------------------	----------------------
Lemon juice-----------------------	2 cups x 1.75 = 3.5 cups or 3-1/2 cups--	----------------------
Margarine-------------------------	1 cup x 1.75 = 1.75 cups or 1-3/4 cups--	8 oz x 1.75 = 14 oz----
Parsley, chopped------------------	1/2 cup x 1.75 = 0.875 cups or 7/8 cup--	----------------------

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INGREDIENTS

Flour--Flour in the recipes means all-purpose flour. The flour is not sifted before measuring.

Eggs--Large eggs weighing 24 ounces per dozen in the shell were used in standardizing the recipes. Frozen eggs or dried eggs may be used in place of the shell eggs. See General Information, page 14.

Milk--Skim milk was used in standardizing most recipes; however, reconstituted nonfat dry milk, lowfat (1 percent and 2 percent fat) milk or whole milk may be used in place of skim milk. Nutrient calculations were made using skim milk; thus, nutrient content will vary from that reported if other types of milk are used.

Baking powder--Double-acting baking powder was used in standardizing the recipes.

Fats--Recipes were standardized with the fat specified. A different type of fat may not give the same results. When margarine is specified, stick margarine was used.

MEASURING INGREDIENTS

Flour---Stir flour, spoon lightly into measure, and level with a straight edge of knife or spatula. Do not shake or tap measure. Large amounts of flour should be measured in quarts. Gallon measures should not be used because the flour will pack.

Solid fats--Pack fat firmly into measure and level off top with a straight edge of spatula or knife. For solid fat in sticks or pounds, cut off the amount needed. A 1-pound block measures about 2 cups; a 1/4-pound stick of margarine measures 1/2 cup.

Brown sugar--Pack into measure firmly enough for the sugar to keep the shape of the container when turned out.

ABBREVIATIONS

tsp	teaspoon
Tbsp	tablespoon
qt	quart
gal	gallon
oz	ounce
fl. oz	fluid ounce
lb	pound
No.	number
pkg	package
°F	degrees Fahrenheit
X	multiply
÷	divide

OVEN TEMPERATURES

Very slow oven	250° and 275°F
Slow oven	300° and 325°F
Moderate oven	350° and 375°F
Hot oven	400° and 425°F
Very hot oven	450° and 475°F
Extremely hot oven	500° and 525°F

The oven should always be preheated to the temperature specified in the recipe.

ALTERNATE INGREDIENTS

In place of	Use
1 tablespoon double-acting baking powder	3/4 teaspoon baking soda plus 1-1/2 cups buttermilk or sour milk
1 cup flour for thickening	1/2 cup cornstarch or 2/3 cup granulated tapioca
1 quart fluid skim milk	3-1/2 ounces or 1-1/3 cups instant nonfat dry milk plus 3-3/4 cups water
1 quart buttermilk or sour milk	1/4 cup vinegar or lemon juice plus enough milk to equal 1 quart
1 package active dry yeast (1/4 ounce)	2-1/4 teaspoons active dry yeast
6 whole eggs, large size	1-1/4 cups thawed frozen egg[1] or 1 cup dried whole egg[1] plus 1 cup water
6 egg yolks, large size	1/2 cup less 1 tablespoon thawed frozen egg yolk[1]
6 egg whites, large size	3/4 cup plus 1 tablespoon thawed frozen egg white[1]

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[1] See General Information, page 7 for precautions in using frozen or dried eggs.

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MEASURES FOR OBTAINING EQUAL SIZE SERVINGS

General Information

The recipes in this file will yield the number of servings of the size specified in the recipe. To obtain the number of servings expected, the amount of food specified as a serving should be used. Scoops, ladles, or spoons of standard sizes help in serving. Scoops also help portion batter for muffins and cookies.

SCOOPS

The number of the scoop indicates the number of level scoopfuls it takes to make 1 quart. The following table gives an approximate measure for each scoop:

Scoop No.	Approximate measure
6	2/3 cup
8	1/2 cup
10	3/8 cup
12	1/3 cup
16	1/4 cup
20	3-1/3 tablespoons
24	2-2/3 tablespoons
30	2 tablespoons
40	1-2/3 tablespoons
50	3-3/4 teaspoons
60	3-1/4 teaspoons
70	2-3/4 teaspoons
100	2 teaspoons

LADLES

The following sizes of ladles will help in obtaining servings of equal size of soups, sauces, creamed foods, and other similar foods:

1/4 cup
1/2 cup
3/4 cup
1 cup

SERVING SPOONS

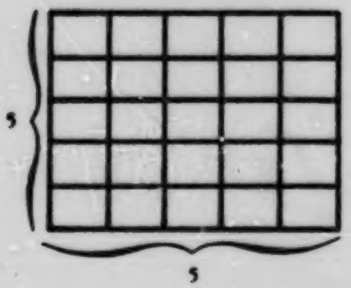
A serving spoon (solid or slotted) may be used instead of a scoop. Since these spoons are not identified by number, it is necessary to measure or weigh the quantity of food from sizes of spoons used to obtain the approximate serving size desired.

APPROXIMATE DIMENSIONS OF SERVING SIZES FROM DIFFERENT PAN SIZES

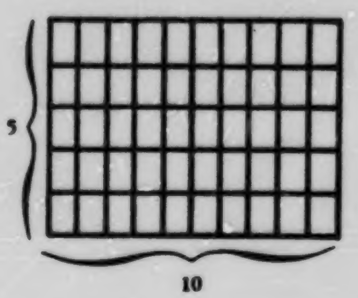
Pan	Approximate pan size	Number and approximate size of servings per pan		
		25	50	100
Baking or steam table------	12 by 20 by 2 inches--	2 by 3-3/4 inches--	2 by 2 inches-----	-------------
Sheet or bun---------------	18 by 26 by 1 inches--	3-1/4 by 5 inches--	3-1/4 by 2-1/2 inches.	1-3/4 by 2-1/2 inches.

Cutting Diagram for Portioning

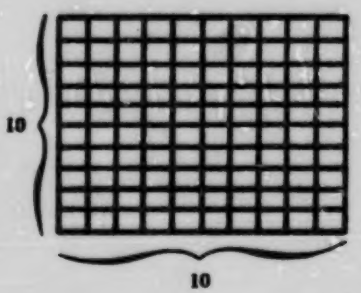
For 25 servings



For 50 servings



For 100 servings



COMMON CAN SIZES

Average net weight or fluid measure per can	Name of can size	Approximate number of cups per can	Approximate number of cans equivalent to No. 10 can containing 99 to 117 ounces
99 to 117 ounces (6 pounds 3 ounces to 7 pounds 5 ounces).	No. 10	12 to 13	1
51 ounces or 46 fluid ounces	No. 3 cylinder	5-3/4	2
29 ounces	No. 2-1/2	3-1/2	3-1/2
20 ounces or 18 fluid ounces	No. 2	2-1/2	5
16 to 17 ounces	No. 303	2	6-1/2
14 to 16 ounces	No. 300	1-3/4	7

The weight of the can contents of foods packaged in the same size can varies with the density of the food. For example, the same size can may contain 108 ounces of applesauce but only 99 ounces of sauerkraut. Meats, fish, and shellfish are sold by drained weight of the contents of the can.

FOOD COSTS

This publication includes some lower cost as well as some higher cost recipes. The actual cost of the food as available at the time the recipe will be used needs to be calculated to keep food costs within budgetary limitations or to determine the selling price of a meal.

Food costs will vary with the season and the local market situation. Increases or decreases in food prices in general will also change the food cost for a recipe. Donations of food will lower the total cost of food. Major changes in the cost of one ingredient or of several ingredients will necessitate recalculating the food cost for a recipe. Ingredients for Vegetable-Cottage Cheese Salad, Salads and Salad Dressings, page 125, are entered on of the sample worksheet on page 19 as an example of the use of a worksheet for calculating food cost. Instructions for use of this worksheet are given below.

CALCULATING FOOD COST
(using worksheet on page 19)

Step 1 - Enter the recipe ingredients in column 1.

Step 2 - Enter amount of each ingredient as given in the recipe in column 2.

Step 3 - Enter amount of each ingredient as purchased in column 3. This amount will differ from the amount given in the recipe when the ingredient is changed in form after it was purchased, but before it was measured for use in the recipe. The Food Purchasing Guide for Group Feeding listed in the General Information Section, on page 21 will help in determining the amount of the ingredient to purchase.

Step 4 - Enter the market unit of the ingredient in column 4, such as pound, dozen, or can.

Step 5 - Calculate the number of market units of the ingredient to be used by dividing the amount of the ingredient purchased by the market unit. Enter the result in column 5. The number of market units used may be in decimals or a fraction. If the leftover food cannot be used in another recipe, the next higher whole number of market units should be used in calculating the food cost. For some ingredients a smaller size market unit may be more economical. See General Information, page 17 for changing can sizes.

Step 6 - Enter the cost per market unit in column 6.

Step 7 - Multiply the cost per market unit by the number of market units used. Enter the result in column 7.

Step 8 - Add the numbers in column 7 to get the total cost of the whole recipe. To determine the cost per serving, divide the total cost by the actual number of servings the recipe yields.

FOOD COSTS--Continued

Kind of ingredient (column 1)	Amounts of ingredient in recipe (column 2)	Amount of ingredient as purchased (column 3)	Market unit of ingredient (column 4)	Number of market units of ingredient used (column 5)	Cost per market unit (column 6)	Cost for ingredient (column 7)
VEGETABLE-COTTAGE CHEESE SALAD (page 125)						
Carrots, shredded	1 gal (3 lb 14 oz)	5.78 lb	Pound	5.78	$ 0.39	$ 2.25
Onions, chopped	3/4 cup (4-1/2 oz)	0.32 lb	Pound	0.32	0.23	0.07
Green peppers, chopped.	1 qt (1 lb 5 oz)	1.64 lb	Pound	1.64	0.99	1.62
Celery, chopped	1 qt (1 lb 1 oz)	1.30 lb	Pound	1.30	0.30	0.39
Cucumbers, pared, chopped.	1 gal (5 lb)	5.95 lb	Pound	5.95	0.61	3.63
Pepper	1 Tbsp	0.23 oz	4-oz can	0.056	0.89	0.05
Lowfat cottage cheese.	30 lb	30 lb	2-lb carton	15.00	1.85	27.75
Salad greens	100 leaves (2.76 lb)	3.83 lb	Pound	3.83	0.50	1.92
					Total cost of 100 servings	$37.68
					Cost per serving	0.38

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GOVERNMENT PUBLICATIONS

The following publications of the U.S. Government will be of help to those responsible for quantity food service.

Write to the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402, for current price before ordering.

1. Keeping Food Safe to Eat. U.S. Dept. of Agr., Home and Gard. Bull. No. 162, 40 pp. Revised 1977.
2. Nutritive Value of Foods. U.S. Dept. of Agr., Home and Gard. Bull. No. 72, 40 pp. Revised 1981.
3. Composition of Foods: Dairy and Egg Products; Raw, Processed, Prepared. U.S. Dept. of Agr., Agr. Handb. 8-1, 149 pp. 1977.
4. Composition of Foods: Spices and Herbs; Raw, Processed, Prepared. U.S. Dept. of Agr., Agr. Handb. No. 8-2, 49 pp. 1977.
5. Composition of Foods: Baby Foods; Raw, Processed, Prepared. U.S. Dept. of Agr., Agr. Handb. No. 8-3, 237 pp. 1978.
6. Composition of Foods: Fats and Oils; Raw, Processed, Prepared. U.S. Dept. of Agr., Agr. Handb. No. 8-4, 148 pp. 1979.
7. Composition of Foods: Poultry Products; Raw, Processed, Prepared. U.S. Dept. of Agr., Agr. Handb. No. 8-5, 339 pp. 1979.
8. Composition of Foods: Soups, Sauces, and Gravies; Raw, Processed, Prepared. U.S. Dept. of Agr., Agr. Handb. No. 8-6, 234 pp. 1980.
9. Composition of Foods: Sausages and Luncheon Meats; Raw, Processed, Prepared. U.S. Dept. of Agr., Agr. Handb. No. 8-7, 92 pp. 1980.
10. Composition of Foods: Breakfast Cereals; Raw, Processed, Prepared. U.S. Dept. of Agr., Agr. Handb. No. 8-8, 160 pp. 1982.
11. Composition of Foods: Fruits and Fruit Juices; Raw, Processed, Prepared. U.S. Dept. of Agr., Agr. Handb. No. 8-9, 283 pp. 1982.
12. Composition of Foods: Pork Products; Raw, Processed, Prepared. U.S. Dept. of Agr., Agr. Handb. No. 8-10, 206 pp. 1983.
13. Nutrition and Your Health, Dietary Guidelines for Americans. U.S. Dept. of Agr., and U.S. Dept. of Health and Human Service. 20 pp. 1980.

14. Food Buying Guide for Child Nutrition Programs. U.S. Dept. of Agr., Program Aid 1331, 134 pp. 1984.

15. Food Purchasing Guide for Group Feeding. U.S. Dept. of Agr., Agr. Handb. No. 284, 148 pp. 1983.

16. Food Service Sanitation Manual. U.S. Pub. Health Serv., Pub. No. (FDA) 78-2081, 110 pp. 1976.

BEVERAGES

CONTENTS

Page

Apricot buttermilk........ 23
Cocoa........ 24
Fruit Punch........ 25
Hot cider........ 26
Tomato-pineapple cocktail........ 26
Lemon milk drink........ 27
Strawberry milk drink........ 28

Serving size: 1 cup

APRICOT BUTTERMILK

Beverages

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Apricot nectar, chilled----	9 cans, 46 fl. oz each.	-----------------	--------	1. Mix apricot nectar and sugar with buttermilk.
Sugar----------------------	2 cups--------	14 oz------------	--------	2. Chill well before serving.
Buttermilk-----------------	3 gal---------	-----------------	--------	

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COCOA

Serving size: About 1 cup

Beverages

Ingredients	**100 servings**		**For ___ servings**	**Directions**
	Volume	**Weight**		
Cocoa	1-1/4 qt	15 oz	--------	1. Mix cocoa and sugar. Add boiling water. Boil gently 5 minutes.
Sugar	1 qt	1 lb 11-1/2 oz	--------	
Boiling water	3-1/2 qt	----------------	--------	
Instant nonfat dry milk	2 gal	5 lb 4 oz	--------	2. Mix dry milk with lukewarm water. Stir into cocoa mixture. 3. Heat to serving temperature.
Lukewarm water	4-1/2 gal	----------------	--------	

Serving size: About 1/2 cup without ice

FRUIT PUNCH

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Pineapple juice, unsweetened.	4 cans, 46 fl. oz each.	----------------	--------	1. Mix fruit juices and lemonade with water. Chill thoroughly. 2. Add ginger ale just before serving. 3. Serve over ice cubes or crushed ice.
Frozen orange juice concentrate.	4 cans, 12 fl. oz each.	----------------	--------	
Frozen lemonade concentrate.	2 cans, 12 fl. oz each.	----------------	--------	
Cold water----------------	2 qt----------	----------------	--------	
Ginger ale----------------	4 bottles, 28 fl. oz each.	----------------	--------	

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HOT CIDER

Serving size: 3/4 cup

Ingredients	**100 servings**		**For ___ servings**	**Directions**
	Volume	**Weight**		
Apple cider or juice-------	5 gal---------	----------------	--------	1. Heat cider to simmering.
Whole allspice-------------	1/4 cup-------	----------------	--------	2. Tie spices in cloth bag or cheese cloth.
Whole cloves---------------	1/4 cup-------	----------------	--------	3. Simmer spices with cider 15 minutes.
Stick cinnamon-------------	24 sticks-----	----------------	--------	4. Remove spices.
Mace-----------------------	1 tsp---------	----------------	--------	5. Serve hot.

VARIATION

TOMATO-PINEAPPLE COCKTAIL: Use 7 cans, 46 fl. oz each, tomato juice and 7 cans, 46 fl. oz each, unsweetened pineapple juice, in place of apple cider or juice. Serve hot or chilled.

LEMON MILK DRINK

Serving size: 1 cup

Beverages

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Lemon sherbet--------------	2 gal---------	-----------------	--------	1. Beat sherbet and lemon juice together. Add honey; mix.
Frozen lemon juice, thawed------------------	3 cups--------	-----------------	--------	
Honey----------------------	1 cup---------	11-1/2 oz--------	--------	
Instant nonfat dry milk----	3 qt----------	1 lb 15-1/2 oz---	--------	2. Mix dry milk with skim milk. Gradually beat milk mixture into sherbet mixture. 3. Serve immediately in chilled glasses.
Cold skim milk-------------	4 gal---------	-----------------	--------	

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Serving size: 1 cup

STRAWBERRY MILK DRINK

Ingredients	**100 servings**		**For __ servings**	**Directions**
	Volume	**Weight**		
Frozen whole unsweetened strawberries, partially thawed.	6 pkg, 20 oz each.	----------------	--------	1. Beat strawberries in mixer until well broken up. 2. Add ice cream. Beat until well mixed.
Strawberry ice cream, softened.	3 gal---------	----------------	--------	
Instant nonfat dry milk----	3 qt----------	1 lb 15-1/2 oz---	--------	3. In separate bowl, mix dry milk, sugar, and cold skim milk. 4. Stir milk mixture slowly into ice cream mixture. Mix well. 5. Pour into chilled glasses. Serve immediately.
Sugar---------------------	2 cups--------	14 oz------------	--------	
Cold skim milk------------	3 gal---------	----------------	--------	

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BREADS AND CEREALS

CONTENTS

Page

Banana loaf.......... 30
Biscuits.......... 31
Bread stuffing.......... 32
Cinnamon coffee cake.......... 33
Cornbread.......... 35
Macaroni, noodles, or spaghetti.......... 36
Oatmeal rolls.......... 37
Plain muffins.......... 39
  Blueberry muffins.......... 39
Rice (White or brown).......... 40
Rice-almond casserole.......... 41
Spoonbread.......... 42
Yeast rolls.......... 43
  Whole-wheat rolls.......... 44

Serving size: 1 slice

BANANA LOAF

Breads and Cereals

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Sugar	1 qt	1 lb 11-1/2 oz		1. Beat sugar and shortening until creamy; beat in eggs.
Shortening	1-1/2 cups	10 oz		
Eggs	6 large	10-1/2 oz		
Flour	2-1/2 qt	2 lb 12 oz		2. Mix flour, baking powder, baking soda, and salt.
Baking powder	1/4 cup			
Baking soda	1 tsp			
Salt	2 tsp			
Skim milk	1 cup			3. Add dry ingredients, milk, and bananas to creamy mixture; mix only until smooth. 4. Pour batter into 5 greased loaf pans (about 9 by 5 inches), about 3-1/2 cups or 1 pound 11 ounces per pan. 5. Bake at 350°F (moderate oven) 40 minutes or until batter no longer clings to toothpick inserted in center. 6. Cool thoroughly. Slice each loaf into 20 slices.
Bananas, mashed	1-1/4 qt	2 lb 8 oz		

BISCUITS

Serving size: 1 biscuit

Breads and Cereals

Ingredients	**100 servings**		**For ___ servings**	**Directions**
	Volume	**Weight**		
Flour	4 qt	4 lb 7 oz	--------	1. Mix flour, baking powder, and salt.
Baking powder	1/2 cup	3 oz	--------	
Salt	1-1/2 Tbsp	----------------	--------	
Shortening	2-1/2 cups	1 lb 1/2 oz	--------	2. Mix in shortening only until mixture is crumbly.
Skim milk	1-1/2 qt	----------------	--------	3. Add enough milk to flour mixture to make a soft dough. 4. Turn out on lightly floured surface. Divide dough in half and knead each half lightly about 1 minute. 5. Roll dough out to 1/2-inch thickness. Cut with a floured 2-inch cutter and place on baking sheets. 6. Bake at 425°F (hot oven) 20 minutes or until lightly browned.

Serving size: 1/3 cup

BREAD STUFFING

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Celery, finely chopped-----	3-1/2 qt------	3 lb 11 oz-------	--------	1. Cook celery and onions in margarine until tender; remove from heat.
Frozen chopped onions------	2-1/2 qt------	2 lb 7-1/2 oz----	--------	
Margarine------------------	2 cups--------	1 lb-------------	--------	
Soft bread cubes-----------	5 gal---------	7 lb-------------	--------	2. Stir in bread cubes, seasonings, and broth; toss to mix.
Pepper---------------------	1 tsp---------	-----------------	--------	3. Place in 2 greased baking pans (about 12 by 20 inches), about 1 gallon 1-1/2 quarts or 7 pounds per pan.
Poultry seasoning----------	3 Tbsp--------	-----------------	--------	4. Cover pans and bake 30 minutes at 350°F (moderate oven). Remove cover and bake 30 minutes longer or until brown.
Thyme leaves---------------	1 tsp---------	-----------------	--------	
Beef broth-----------------	1 qt----------	-----------------	--------	

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CINNAMON COFFEE CAKE

Serving size: 1 piece, about 2 by 3-3/4 inches

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Sugar----------------------	1-1/4 qt------	2 lb 2-1/2 oz----	--------	1. Beat sugar, fat, and eggs until creamy. Mix in milk.
Shortening-----------------	3 cups--------	1 lb 4 oz--------	--------	
Eggs-----------------------	12 large------	1 lb 5 oz--------	--------	
Skim milk------------------	1-3/4 qt------	-----------------	--------	
Flour----------------------	4 qt----------	4 lb 7 oz--------	--------	2. Mix flour, baking powder, and salt. Add to creamy mixture. Stir until smooth. 3. Pour half the batter into 4 greased baking pans (about 12 by 20 inches), about 3-1/2 cups or 1 pound 10 ounces per pan.
Baking powder--------------	1/2 cup-------	3 oz-------------	--------	
Salt-----------------------	2 Tbsp--------	-----------------	--------	
Brown sugar----------------	1 qt, packed--	1 lb 14 oz-------	--------	4. Mix brown sugar, flour, margarine, and cinnamon. 5. Sprinkle half the brown sugar mixture over batter in pans, about 3/4 cup or 5-1/4 ounces per pan. 6. Add remaining batter, about 3-1/2 cups or 1 pound 10 ounces per pan.
Flour----------------------	1 cup---------	4-1/2 oz---------	--------	
Margarine------------------	1 cup---------	8 oz-------------	--------	
Ground cinnamon------------	1/4 cup-------	-----------------	--------	

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CINNAMON COFFEE CAKE--Continued

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
				7. Sprinkle with remaining brown sugar mixture, about 3/4 cup or 5-1/4 ounces per pan.
				8. Bake at 375°F (moderate oven) 20 minutes or until cake springs back when touched lightly.
				9. Serve warm.

CORNBREAD

Serving size: 1 piece, about 2 by 2 inches

Breads and Cereals

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Flour	2 qt	2 lb 3-1/2 oz	--------	1. Mix flour, cornmeal, baking powder, sugar, and salt thoroughly.
Cornmeal	2 qt	2 lb 11 oz	--------	
Baking powder	1/2 cup	3 oz	--------	
Sugar	1-1/3 cups	9-1/4 oz	--------	
Salt	2 tsp	----------------	--------	
Eggs	8 large	14 oz	--------	2. Mix eggs, milk, and oil. Add to dry ingredients, stirring only until dry ingredients are moistened; batter will be lumpy. 3. Pour into 2 greased baking pans (about 12 by 20 inches), about 2-1/2 quarts or 5 pounds 11 ounces batter per pan. 4. Bake at 425°F (hot oven) 25 to 30 minutes or until lightly browned.
Skim milk	2 qt	----------------	--------	
Oil	1-1/3 cups	9-3/4 oz	--------	

MACARONI, NOODLES, OR SPAGHETTI

Serving size: About 1/2 cup

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Salt	1/3 cup	3-1/2 oz		1. Add salt to boiling water. Slowly stir in macaroni, noodles, or spaghetti.
Boiling water	6 gal			
Macaroni		6 lb		
or		or		2. Cook until tender-firm, about 8 minutes for macaroni, 6 minutes for noodles, and 10 minutes for spaghetti. Drain.
Noodles		6 lb		
or		or		
Spaghetti		6 lb		

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OATMEAL ROLLS

Serving size: 1 roll

Breads and Cereals

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Skim milk, heated	1-1/2 qt			1. Pour milk over rolled oats. Let stand 5 minutes.
Quick-cooking rolled oats	1 qt	10-1/2 oz		
Shortening	2/3 cup	4-1/2 oz		2. Mix in shortening and molasses.
Light molasses	2/3 cup	7-1/4 oz		
Flour	1 qt	1 lb 2 oz		3. Mix 1 quart flour with salt and yeast.
Active dry yeast	8 pkg, 1/4 oz each.	2 oz		4. Add rolled oats mixture and eggs to flour mixture. Beat well.
Salt	1-1/2 Tbsp			
Eggs, beaten	6 large	10-1/2 oz		
Flour	1 qt	1 lb 2 oz		5. Add 1 quart more flour. Beat well.
Flour	2 qt	2 lb 3-1/2 oz		6. Mix and knead in remaining flour. 7. Place dough in lightly greased bowl and turn over once to grease upper side of dough. 8. Cover and let rise in a warm place until double in size. 9. Punch down dough to remove air bubbles. Shape into rolls (about 1-1/2 ounces each). Place on sheet pans.

(over)

OATMEAL ROLLS--Continued

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
				10. Let rolls rise until double size. 11. Bake at 400°F (hot oven) 16 to 18 minutes or until lightly browned.

PLAIN MUFFINS

Serving size: 1 muffin

Breads and Cereals

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Flour	4 qt	4 lb 7 oz	--------	1. Mix flour, baking powder, sugar, and salt thoroughly.
Baking powder	2/3 cup	4-1/4 oz	--------	
Sugar	2-1/2 cups	1 lb 1-1/2 oz	--------	
Salt	2 Tbsp	----------------	--------	
Eggs, beaten	9 large	1 lb	--------	2. Mix eggs, oil, and milk. Add to flour mixture, stirring until dry ingredients are moistened; batter will be lumpy. 3. Using No. 24 scoop (2-2/3 tablespoons), portion into greased muffin tins. 4. Bake at 400°F (hot oven) 20 to 25 minutes or until lightly browned.
Oil	2-1/2 cups	1 lb 2-1/2 oz	--------	
Skim milk	2-1/4 qt	----------------	--------	

VARIATION

BLUEBERRY MUFFINS: Gently fold 1-1/2 qt (2 lb 1/2 oz) frozen blueberries into the plain muffin batter.

RICE (White or Brown)

Serving size: About 1/2 cup

Breads and Cereals

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Rice (white or brown)-----	3-3/4 qt------	6 lb-------------	--------	1. Place rice in 2 baking pans (about 12 by 20 inches), 3 pounds or about 1 quart 3-1/3 cups per pan. 2. Add salt to boiling water; pour over rice, 3 quarts per pan. 3. Cover pans tightly. 4. Bake at 350°F (moderate oven) or steam at 5 pounds pressure 25 minutes for white rice and 50 minutes for brown rice. 5. Remove from oven or steamer and let stand covered 5 minutes.
Salt--------------------	1-1/3 Tbsp----	-----------------	--------	
Boiling water-------------	1-1/2 gal-----	-----------------	--------	

RICE-ALMOND CASSEROLE

Serving size: About 1/2 cup

Breads and Cereals

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Canned mushroom pieces	3 cans, 8 oz each.			1. Drain and chop mushrooms; save liquid.
Almonds, blanched, chopped	1 qt	1 lb 2 oz		2. Cook mushrooms, almonds, and onions in margarine until lightly browned.
Frozen chopped onions	2 cups	8 oz		
Margarine	1 cup	8 oz		
Process Cheddar cheese, shredded.	2-1/2 qt	2 lb 4-1/2 oz		3. Add cheese, rice, and parsley. Mix gently.
Long-grain white rice	2-3/4 qt	4 lb 11 oz		4. Place mixture in 4 baking pans (about 12 by 20 inches), about 2 quarts or 2 pounds 8 ounces per pan.
Dehydrated parsley flakes	1 cup			
Pepper	1 tsp			5. Stir pepper, basil, and broth into boiling liquid. Return to boiling.
Basil leaves	2 tsp			
Beef broth, condensed	4 cans, 10-1/2 oz each.			6. Pour liquid over rice mixture, about 2 quarts per pan.
Mushroom liquid and water, boiling.	1-3/4 gal			7. Cover; bake at 350°F (moderate oven) 35 minutes.

Serving size: 1/3 cup

SPOONBREAD

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Skim milk	1-1/2 gal			1. Stir cornmeal and salt into milk. 2. Cook over low heat, stirring constantly, until thickened to consistency of mush. Remove from heat.
Cornmeal	2 qt	2 lb 11 oz		
Salt	3 Tbsp			
Margarine	1/2 cup	4 oz		3. Stir in margarine. Cool slightly to about 105° to 110°F.
Egg yolks, beaten	32 large	1 lb 3 oz		4. Stir egg yolks into cornmeal mixture. Mix well.
Egg whites	32 large	2 lb 5 oz		5. Beat egg whites until stiff but not dry. Fold into cornmeal-egg yolk mixture. 6. Pour into 2 greased baking pans (about 12 by 20 inches), about 1 gallon 1-1/4 quarts or 9 pounds per pan. 7. Bake at 375°F (moderate oven) 45 minutes or until set.

YEAST ROLLS

Serving size: 1 roll

Breads and Cereals

Ingredients	**100 servings**		**For ___ servings**	**Directions**
	Volume	**Weight**		
Flour	2 qt	2 lb 3-1/2 oz	--------	1. Mix 2 quarts flour with sugar, yeast, and salt.
Sugar	1/2 cup	3-1/2 oz	--------	
Active dry yeast	4 pkg, 1/4 oz each.	----------------	--------	
Salt	2 Tbsp	----------------	--------	
Skim milk	1 qt 1/2 cup	----------------	--------	2. Heat milk and oil until warm. Stir into flour mixture.
Oil	1 cup	7-1/4 oz	--------	
Eggs, slightly beaten	4 large	7 oz	--------	3. Add eggs; beat well.
Flour	2 qt	2 lb 3-1/2 oz	--------	4. Mix in 2 quarts flour making a soft dough that leaves sides of bowl. 5. Knead until dough is smooth and elastic. (Kneading may be done in mixing machine.) 6. Place dough in lightly greased bowl and turn over once to grease upper side of dough. Cover and let rise in warm place until double in size, about 1-1/2 hours. 7. Punch down dough to remove air bubbles. Shape into rolls about 1-1/4 ounces each.

(over)

YEAST ROLLS--Continued

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
				8. Place rolls on sheet pans. Let rise until double in size, about 1 hour. 9. Bake at 400°F (hot oven) 15 minutes or until lightly browned.

VARIATION

WHOLE WHEAT ROLLS: Use 2 qt 1/2 cup or 2 lb 4 oz whole-wheat flour and only 2 qt or 2 lb 3-1/2 oz all-purpose flour. Mix flours. Continue as in basic recipe.

DESSERTS

CONTENTS

Page

Dessert ideas.............................. 46
Apple cobbler.............................. 47
Baked custard.............................. 49
Cranberry-apple tapioca with pears........... 50
Lemon pudding.............................. 51
Oatmeal-molasses cookies.................... 52
Peach crisp................................ 53
Peach-yogurt dessert........................ 54

Page

Pumpkin pie................................ 56
Spicy bread pudding......................... 57
Vanilla frosting............................ 58
Vanilla pudding............................. 59
  Chocolate pudding......................... 59
Yellow cake................................ 60
  Spice cake................................ 60

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DESSERT IDEAS

The final satisfying touch can be added to a meal with an appealing dessert. Try a dessert moderate in fat and containing less sugar than is typically used. Whole grains and fruits contribute to the nutritional value of desserts.

- Angelfood cake does not contain fat or egg yolk. It can be served with unsweetened fruits.
- Apples or pears may be baked with a lightly sweetened cereal topping.
- A cantaloupe ring becomes a colorful dessert when filled with blueberries or strawberries.
- Cheese and fruit served together add variety. Try Thompson seedless or tokay grapes and apple slices with wedges of lowfat cheese.
- Parfaits may be made with small scoops of assorted ice milks in parfait glasses layered with an unsweetened or lightly sweetened fruit sauce.
- A cold fresh fruit cup can be made with bite-size pieces of fruit; cover with fruit juice. Chill well. Apples, grapefruit, oranges, and pineapple are available year-round and can be varied with addition of berries, cherries, and other fruits in season.
- A fruited gelatin dessert may be made by adding fruits canned in juice to unflavored gelatin. But do not use fresh or frozen pineapple in a gelatin dessert; the mixture will not set.
- Pie crust made with cornflake or graham cracker crumbs adds variety. Fill with a favorite lightly sweetened fruit pie filling.
- As a change from frosting, try sifted confectioner's sugar or a fruit sauce (Sauces, pages 150 and 153) on plain cake.

APPLE COBBLER

Serving size: 1 piece, about 2 by 3-3/4 inches

Desserts

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Flour	2 qt	2 lb 3-1/2 oz		1. For pastry, mix flour and salt. Mix in margarine until size of small peas.
Salt	2 tsp			
Margarine	2-2/3 cups	1 lb 5 oz		2. Add water and mix just until dry ingredients are moistened.
Cold water	1 cup			3. Roll out 4 rectangles (about 12 by 20 inches) on lightly floured surface, using about 1 pound dough for each crust.
Unsweetened sliced apples	4 cans, 104 oz each.			4. For filling, drain apples; save liquid. 5. Place apples in 4 pans (about 12 by 20 inches), about 3 quarts or 5 pounds 12 ounces per pan.
Apple liquid and water	1 gal			6. Heat 2 quarts apple liquid and water to boiling. Add sugar and spices.
Sugar	1-1/2 qt	2 lb 9 oz		
Ground cinnamon	2 Tbsp			
Ground nutmeg	1 Tbsp			7. Mix cornstarch with remaining liquid. Gradually stir into boiling liquid. Cook, stirring constantly, until thickened.
Cornstarch	1-1/3 cups	6 oz		8. Pour thickened mixture over apples, about 4-3/4 cups or 2 pounds 10 ounces per pan.

(over)

APPLE COBBLER--Continued

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
				9. Cover apples with pastry. Cut slits in pastry. 10. Bake at 425°F (hot oven) 40 minutes or until pastry is brown and filling is bubbly.

BAKED CUSTARD

Serving size: About 1/2 cup

Desserts

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Sugar----------------------	1 qt----------	1 lb 1-1/2 oz----	--------	1. Mix sugar, salt, and eggs.
Salt-----------------------	2 tsp---------	-----------------	--------	2. Stir in milk and vanilla.
Eggs, beaten---------------	48 large------	5 lb 4 oz--------	--------	3. Pour into 4 baking pans (about 12 by 20 inches), about 3-1/4 quarts or 7 pounds per pan.
Skim milk, heated----------	2-1/2 gal-----	-----------------	--------	
Vanilla--------------------	1/4 cup-------	-----------------	--------	
Nutmeg---------------------	As desired----	-----------------	--------	4. Sprinkle with nutmeg.
				5. Bake at 350°F (moderate oven) 20 to 25 minutes or until set.

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Serving size: About 1/2 cup

CRANBERRY-APPLE TAPIOCA WITH PEARS

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Tapioca	1 qt	1 lb 6-1/2 oz	--------	1. Mix tapioca, sugar, salt, and cloves.
Sugar	2 cups	14 oz	--------	
Salt	1 Tbsp	----------------	--------	2. Stir in juices.
Ground cloves	1 tsp	----------------	--------	3. Cook, stirring constantly, until mixture comes to a boil. Remove from heat.
Cranberry juice cocktail	1 gal	----------------	--------	
Apple juice	1 gal	----------------	--------	4. Cool, stirring occasionally.
Pear halves in light sirup, drained, diced.	3 cans, 106 oz each.	----------------	--------	5. Fold pears into tapioca mixture. 6. Chill thoroughly.

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LEMON PUDDING

Serving size: 1/2 cup

Desserts

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Sugar----------------------	3 qt---------	5 lb 4 oz--------	--------	1. Add sugar and salt to 1-1/2 gallons water. Heat to simmering.
Salt-----------------------	1 Tbsp-------	-----------------	--------	
Water----------------------	1-1/2 gal----	-----------------	--------	
Eggs-----------------------	16 large-----	1 lb 12 oz-------	--------	2. Beat eggs; mix in 3 quarts water. Stir mixture slowly into cornstarch. Mix well. 3. Add egg-cornstarch mixture slowly to heated mixture, stirring constantly. Continue to stir until mixture reaches boiling.
Water----------------------	3 qt---------	-----------------	--------	
Cornstarch-----------------	4-1/2 cups---	1 lb 4 oz--------	--------	
Frozen lemon juice, thawed.	1-1/2 qt-----	-----------------	--------	4. Remove from heat. Stir in juice, rind, and margarine. 5. Cool slightly, stirring occasionally. 6. Chill thoroughly.
Lemon rind, grated--------	1/4 cup------	-----------------	--------	
Margarine-----------------	1 cup--------	8 oz-------------	--------	

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Serving size: 1 cookie

OATMEAL-MOLASSES COOKIES

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Shortening	2 cups	13 oz		1. Cream shortening and sugar until light and fluffy.
Sugar	1-1/2 cups	10-1/2 oz		
Dark molasses	1-1/2 cups	1 lb 1/2 oz		2. Beat in molasses and eggs.
Eggs	4 large	7 oz		
Flour	1-1/2 qt	1 lb 10-1/2 oz		3. Mix flour, salt, soda, and ginger.
Salt	1-1/2 tsp			
Baking soda	1-1/2 tsp			4. Add flour mixture and skim milk alternately to shortening mixture.
Ginger	2 tsp			
Skim milk	2/3 cup			
Quick-cooking rolled oats	3 cups	7-3/4 oz		5. Stir in oats and dates.
Dates, chopped	2 cups	12 oz		6. Using a No. 60 scoop (3-1/4 teaspoons), drop dough onto greased baking sheets. 7. Bake at 375°F (moderate oven) 15 minutes or until done.

Serving size: About 1/2 cup

PEACH CRISP

Desserts

Ingredients	**100 servings**		**For ___ servings**	**Directions**
	Volume	**Weight**		
Peach slices in light sirup, drained.	6 cans, 106 oz each.	------------------	--------	1. Place peaches in 4 pans (about 12 by 20 inches), about 3 quarts or 6 pounds 4 ounces per pan.
Brown sugar	1-1/2 qt, packed.	2 lb 13 oz	--------	2. Mix sugar, flour, oats, spices, and fat until crumbly. Spread evenly over peaches, about 1-1/4 quarts or 1 pound 14 oz per pan.
Flour	1-1/2 qt	1 lb 10-1/2 oz	--------	
Quick-cooking rolled oats	1-1/2 qt	15-1/2 oz	--------	
Nutmeg	3 Tbsp	3/4 oz	--------	
Ground cinnamon	3 Tbsp	3/4 oz	--------	
Margarine	1 qt	2 lb	--------	3. Bake at 375°F (moderate oven) 30 minutes or until topping is lightly browned.

Serving size: 1 piece, about 2 by 2 inches

PEACH-YOGURT DESSERT

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Graham cracker crumbs	2 qt	1 lb 10 oz	--------	1. Mix crumbs and allspice. Stir in margarine; mix well.
Ground allspice	1-1/2 tsp	----------------	--------	
Margarine	3/4 cup	6 oz	--------	2. Press crumb mixture in bottom of 2 baking pans (about 12 by 20 inches), about 1 quart or 1 pound per pan. 3. Bake at 350° F (moderate oven) 10 minutes or until crumbs are lightly browned.
Sliced peaches in juice	8 cans, 16 oz each.	----------------	--------	4. Drain peaches; save juice. Coarsely chop peaches.
Unflavored gelatin	8 envelopes, 1/4 oz each.	2 oz	--------	5. Mix gelatin and sugar. Add peach liquid. Heat, stirring constantly, until gelatin is dissolved.
Sugar	1 cup	7 oz	--------	
Peach liquid	1-1/2 qt	----------------	--------	
Frozen orange juice concentrate, thawed.	2-2/3 cups	----------------	--------	6. Stir in orange juice concentrate, almond extract, and vanilla.
Almond extract	1/2 tsp	----------------	--------	
Vanilla	2 tsp	----------------	--------	7. Chill until mixture is consistency of egg whites. 8. Whip until light and fluffy.

PEACH-YOGURT DESSERT--Continued

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Plain lowfat yogurt--------	8 cartons, 8 oz each.	------------------	--------	9. Stir in yogurt and peaches. 10. Pour filling into baked crust, about 1-1/4 gallons or 7 pounds per pan. 11. Chill until firm.

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Serving size: 1/8 pie

PUMPKIN PIE

Desserts

Ingredients	12 pies		For ___ servings	Directions
	Volume	Weight		
Flour	3 qt	3 lb 5 oz	--------	1. For crust, mix flour and salt. Mix in margarine until size of small peas.
Salt	1 Tbsp	----------------	--------	
Margarine	1 qt	2 lb	--------	
Cold water	1-1/2 cups	----------------	--------	2. Add water and mix just until dry ingredients are moistened. 3. Roll out 12 crusts on lightly floured surface, using about 8 ounces dough for each crust. 4. Line 12 pie pans, about 9 inches in diameter, with pastry.
Canned pumpkin	4-1/2 qt	9 lb 8 oz	--------	5. For filling, add pumpkin to milk; heat until bubbles appear
Skim milk	1 gal	----------------	--------	
Granulated sugar	1 qt	1 lb 11-1/2 oz	--------	6. Mix sugars, flour, salt, and spices. Add eggs, mix well.
Brown sugar	1 qt, packed	1 lb 14 oz	--------	
Flour	1-1/2 cups	6-3/4 oz	--------	7. Stir egg mixture into hot pumpkin mixture.
Salt	2 Tbsp	----------------	--------	
Ground cinnamon	1-1/3 Tbsp	----------------	--------	8. Fill pie crusts with mixture using 3-3/4 cups or 2 pounds per pan.
Ground nutmeg	2 tsp	----------------	--------	
Ground allspice	1 Tbsp	----------------	--------	
Eggs, beaten	24 large	2 lb 10 oz	--------	9. Bake at 375°F (moderate oven 40 minutes or until filling is set.

SPICY BREAD PUDDING

Serving size: 1 piece, about 2 by 2 inches

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Whole wheat bread, cubed---	2 gal---------	2 lb 13 oz-------	--------	1. Put bread in 2 greased baking pans (about 12 by 20 inches), about 1 gallon or 1 pound 6-1/2 ounces per pan. 2. Sprinkle raisins over bread, about 2 cups or 10-1/4 ounces per pan.
Raisins--------------------	1 qt----------	1 lb 4-1/2 oz----	--------	
Eggs, beaten---------------	20 large------	2 lb 3-1/2 oz----	--------	3. Mix eggs, sugar, vanilla, salt, and spices. Stir in milk. 4. Pour milk-egg mixture over bread and raisins. 5. Bake at 325°F (slow oven) 45 minutes or until set.
Brown sugar----------------	1 qt, packed--	1 lb 14 oz-------	--------	
Vanilla--------------------	2 Tbsp--------	-----------------	--------	
Salt-----------------------	2 tsp---------	-----------------	--------	
Ground cinnamon------------	3 Tbsp--------	-----------------	--------	
Ground nutmeg--------------	1-1/3 Tbsp----	-----------------	--------	
Skim milk, heated----------	1-1/4 gal-----	-----------------	--------	

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Serving size: About 1-1/3 tablespoons

VANILLA FROSTING

Desserts

Ingredients	About 2 quarts[1]		For ___ servings	Directions
	Volume	Weight		
Margarine------------------ Salt-----------------------	1-1/3 cups---- 1 tsp---------	10-1/2 oz-------- -----------------	-------- --------	1. Beat margarine until light and fluffy. Add salt.
Confectioner's sugar------- Skim milk, heated until warm. Vanilla--------------------	1 gal--------- 1 cup--------- 3 Tbsp--------	4 lb------------- ----------------- -----------------	-------- -------- --------	2. Add sugar and milk alternately. Beat well after each addition. 3. Add vanilla and beat until light and fluffy. 4. Spread over cake.

---

[1] One quart of frosting will frost 1 sheet cake, about 18 x 26 inches or 2 cakes, about 12 by 20 inches each.

Serving size: About 1/2 cup

VANILLA PUDDING

Desserts

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Sugar	1 qt	1 lb 11-1/2		1. Mix sugar and salt with 2-1/2 gallons milk. Heat to simmering.
Salt	1 Tbsp			
Lowfat milk, 2 percent fat	2-1/2 gal			
Eggs	12 large	1 lb 5 oz		2. Beat eggs; mix with 2 quarts milk and vanilla. Stir slowly into cornstarch. Mix until smooth. 3. Stir egg mixture slowly into hot milk mixture. 4. Cook, stirring constantly, until mixture returns to simmering. 5. Remove from heat. Cool quickly, stirring occasionally. 6. Chill.
Vanilla	1/3 cup			
Lowfat milk, 2 percent fat	2 qt			
Cornstarch	3-1/2 cups	15-1/2 oz		

VARIATION

CHOCOLATE PUDDING: Increase sugar to 1-1/2 qt (2 lb 9 oz). Add 1 lb unsweetened chocolate (coarsely chopped) to milk before heating.

YELLOW CAKE

Serving size: 1 piece, about 2 by 3-3/4 inches

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Shortening	1 qt	1 lb 10-1/2 oz	--------	1. Mix shortening and sugar until light and fluffy.
Sugar	2-1/4 qt	3 lb 14 oz	--------	
Eggs	16 large	1 lb 12 oz	--------	2. Add eggs and vanilla; beat until light and creamy.
Vanilla	2 Tbsp	----------------	--------	
Flour	3-1/4 qt	3 lb 10 oz	--------	3. Mix flour, baking powder, and salt.
Baking powder	1/2 cup	3 oz	--------	
Salt	1-1/3 Tbsp	----------------	--------	4. Add flour mixture alternately with milk to creamy mixture. Beat well after each addition.
Skim milk	1-1/2 qt	----------------	--------	5. Pour batter into 4 greased baking pans (about 12 by 20 inches), about 2-1/2 quarts or 3 pounds 8 ounces per pan. 6. Bake at 350°F (moderate oven) about 25 minutes or until cake surface springs back when touched lightly.

VARIATION

SPICE CAKE: Mix 3 Tbsp ground cinnamon and 1 Tbsp each of ground cloves and nutmeg with dry ingredients.

MAIN DISHES

CONTENTS

Page

Cooking dry beans and peas.................. 62
Cooking eggs................................ 64
Roasting meats.............................. 66
Braising or pot roasting meats.............. 69
Simmering meats............................. 72
Preparing poultry for cooking............... 74
Roasting turkey............................. 76
Stewing or steaming chicken or turkey...... 78
Storing and thawing fish and shellfish..... 81
Cooking fish and shellfish.................. 82
Baked beans................................. 85
Baked flounder.............................. 87
Baked macaroni and cheese................... 88
Baked stuffed cod........................... 89
Beef-potato pie............................. 91
Chicken cacciatore.......................... 93
Chicken-corn casserole...................... 94
  Turkey-corn casserole..................... 95

Page

Chicken loaf................................ 96
  Turkey loaf............................... 97
  Tuna loaf................................. 97
Chili con carne............................. 98
Creole pork chops........................... 99
Hawaiian pork............................... 100
Hot ham-potato salad........................ 102
Lamb stew................................... 103
Liver and tomatoes.......................... 104
Meat loaf................................... 106
Meat sauce.................................. 107
Oven-baked chicken.......................... 108
Pepper steak................................ 109
Salisbury steaks with mushroom sauce....... 111
Sauerbraten beef cubes...................... 113
Turkey-cheese-macaroni casserole........... 114
  Chicken-cheese-macaroni casserole........ 115
Turkey curry................................ 116
  Chicken curry............................. 116

COOKING DRY BEANS AND PEAS

Dry beans and peas may be served as a vegetable or used in a main dish.

Kind of bean	Approximate volume of 1 pound of beans[1]	Approximate amount of boiling water for each pound of beans	Approximate cooking time	Amount to buy for 100 servings 3 ounces each
	Cups	Quarts	Hours	
Blackeye peas----------------------	2-2/3	1-3/4	1/2	7 pounds
Garbanzos (chickpeas)---------------	2-1/4	1-1/8	1-3/4	8 pounds 8 ounces
Great northern---------------------	2-1/2	1-3/4	1 to 1-1/2	8 pounds
Kidney beans-----------------------	2-1/2	1-3/4	2	8 pounds
Lentils[2]-------------------------	2-3/8	1-3/4	1/2	7 pounds
Lima beans, large------------------	2-1/2	1-3/4	1	7 pounds 12 ounces
Lima beans, small------------------	2-3/8	1-3/4	1	8 pounds 4 ounces
Pea beans (Navy)-------------------	2-1/4	1-3/4	1-1/2 to 2	8 pounds 4 ounces
Peas, split[3]---------------------	2-1/4	1-1/4	1/3	7 pounds 12 ounces
Peas, whole------------------------	2-1/4	1-1/2	1	8 pounds
Pinto beans------------------------	2-3/8	1-3/4	2	8 pounds 4 ounces
Soybeans---------------------------	2-1/8	2-1/4	2 to 3	8 pounds 8 ounces

---

[1] One pound of all kinds of beans or peas except lentils will yield approximately 5-3/4 cups of beans or peas after cooking. Lentils will yield 6-1/2 cups.

[2] Lentils may be cooked without soaking. Omit step 2.

[3] Split peas are soaked only 1/2 hour in step 2.

Directions for Soaking and Cooking Dry Beans and Peas

1. Sort beans; wash, if needed.
2. Add beans to boiling water. Boil 2 minutes. Remove from heat. Cover and let soak 1 hour or if more convenient, cool and let stand overnight in refrigerator.
3. Add 1/2 teaspoon salt for each pound of dry beans. Cook in soaking liquid until tender. Use the cooking time in the table as a guide. Add boiling water, if needed.
4. Drain; serve or use in recipe.

COOKING EGGS

To assure best eating quality, eggs should be cooked at low to moderate temperatures. Hard-cooked or well-done scrambled eggs are suitable forms of eggs to serve in quantity food services keeping food safety in mind. (See General Information, page 7 for precautions on the use of both fresh and processed eggs.) Directions given on this page are for fresh eggs; processed eggs should be prepared according to package directions.

Preparing Hard-Cooked Eggs in Shell

1. Bring sufficient water to a boil in heavy stockpot or steam-jacketed kettle to cover eggs. Cook in batches of 50 eggs for ease in handling.
2. Gently lower eggs into water, using perforated basket or large slotted spoon.
3. Return water to simmering. Simmer 20 minutes.
4. Remove eggs from stockpot or kettle. Plunge into cold water.
5. To serve warm, remove eggs immediately from cold water. Serve.

   or

   To serve cold or use in salads, hold eggs in cold water until eggs are cool, about 10 minutes. Change water if necessary to keep it cold. Refrigerate. To crack and shell eggs, roll eggs gently to break shell. Start peeling from large end.

Serving size: About 1/4 cup or 1 egg

Preparing Scrambled Eggs (using fresh eggs)

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Eggs, shelled--------------	100 large------	11 lb------------	--------	1. Break eggs, a few at a time, into small bowl. Any shell fragments in bowl should be removed. Pour broken out eggs into mixer bowl. 2. When all eggs are in mixer bowl, beat slightly to break yolks.
Skim milk------------------ Salt-----------------------	3 cups--------- 2 Tbsp---------	----------------- -----------------	-------- --------	3. Add milk and salt. Beat until well mixed.
Margarine, melted----------	1/4 cup--------	2 oz------------	--------	4. Place 2 tablespoons margarine in each of two baking pans (about 12 by 20 inches). 5. Pour egg mixture into pans, about 3 quarts or 6 pounds 6 ounces per pan. 6. Bake at 350°F (moderate oven) until eggs are well done and dry, about 25 minutes, stirring after 15 minutes and again after 20 minutes. 7. Stir to break up large chunks. Serve with No. 16 scoop (1/4 cup).

ROASTING MEATS

Tender cuts of meat can be roasted in an open pan without added liquids. Beef for roasting should be of choice grade; beef of lower grades is often better pot roasted or braised (Main Dishes, page 69). Suggested meat cuts for roasting are included in the timetable that follows:

DIRECTIONS FOR ROASTING MEATS

1. Trim fat from roasts.
2. Place roasts on racks in shallow open roasting pans. Allow space in pans between roasts.
3. Insert a meat thermometer into the center of the smallest roast so the tip is not touching bone, fat, or gristle.
4. Roast at 325°F (slow oven) until the thermometer registers the temperature given in the timetable or until the meat is tender. The timetable serves as a guide to roasting time. For roasting temperature and time in a convection oven, follow manufacturer's instructions.
5. Remove roast from pan. Move thermometer to the next larger roast; follow this procedure until all the meat is cooked.
6. Let roasts stand 15 to 20 minutes; then slice and serve immediately to insure highest quality.

ROASTING MEATS--Continued

Timetable for Roasting Meats at 325°F (slow oven)

Kind of meat and approximate weight of each cut	Approximate amount to buy for 100 servings, 3 ounces lean meat each	Approximate roasting time[1]	Internal temperature of meat when done
		Hours	°F
Beef:			
Rib, boneless, 5 to 7 pounds-----------	39 pounds--------------	3-1/4 to 4-1/2	160
Round, boneless, top or inside, 5-1/4 to 8 pounds.	30 pounds 4 ounces-----	3-1/4 to 4	160
Rump, boneless, 4 to 6 pounds----------	30 pounds 12 ounces----	2 to 2-1/2	160
Sirloin tip, boneless, 6 to 8 pounds---	31 pounds 12 ounces----	3-1/2 to 4	160
Lamb:			
Leg, boneless, 4 to 7 pounds-----------	30 pounds 12 ounces----	2-1/4 to 3-1/2	180
Shoulder, boneless, 3-1/2 to 5 pounds-	33 pounds 8 ounces-----	2-1/4 to 3	180
Pork, fresh:			
Ham, boneless, rolled, 10 to 14 pounds-	34 pounds 12 ounces----	4-1/2 to 5-1/2	170
Shoulder (Boston butt), boneless, 4 to 6 pounds.	34 pounds 12 ounces----	3 to 4	170
Shoulder (picnic), bone in, 5 to 8 pounds.	41 pounds--------------	3 to 4	170
Spareribs, bone in, 2 to 3 pounds----	48 pounds--------------	1-1/2 to 2-1/2	Well done

(over)

Timetable for Roasting Meats at 325°F (slow oven)--Continued

Kind of meat and approximate weight of each cut	Approximate amount to buy for 100 servings, 3 ounces lean meat each	Approximate roasting time[1]	Internal temperature of meat when done
		Hours	°F
Pork, cured, cook-before-eating:			
Ham, whole, bone in, 10 to 14 pounds--	28 pounds 8 ounces----	3 to 4	160
Shoulder (Boston butt), boneless, 2 to 4 pounds.	31 pounds 4 ounces----	1 to 2	170
Shoulder (picnic), bone in, 5 to 8 pounds.	34 pounds 12 ounces---	3 to 4	170
Pork, cured, fully cooked:			
Ham, bone in, 12 to 16 pounds---------	28 pounds 4 ounces----	3-1/2 to 4	140
Ham, canned, 6 to 10 pounds-----------	29 pounds 8 ounces----	1-1/2 to 2-1/2	140
Veal:			
Leg, boneless, 3-1/2 to 7 pounds------	31 pounds 12 ounces---	2 to 3	170
Shoulder, boneless, 3 to 5 pounds-----	31 pounds 4 ounces----	2-1/4 to 3-1/2	170

---

[1] Frozen meat may be cooked without thawing first if up to one and a half longer cooking time is allowed. Insert meat thermometer after meat is thawed in the oven and cook to desired internal temperature.

BRAISING OR POT ROASTING MEATS

Less tender cuts of meat are often braised or pot roasted in a covered pan with or without added liquid. Beef cuts of good grade should generally be braised or pot roasted. Suggested meat cuts for braising and amounts to buy for 100 servings are included in the timetable on next page.

DIRECTIONS FOR BRAISING OR POT ROASTING

1. Brown the meat slowly on all sides. Roasts can be browned in a kettle on top of the range, in a roasting pan in the oven, or in a tilting skillet. Steaks, shortribs, stew meat, chops, and cutlets can be browned on a grill, in the oven, or in a tilting skillet.
2. Cook meat with no additional moisture or add a small amount of liquid, if desired. Cover pan. Simmer on top of range or in tilting kettle, or bake at 350°F (moderate oven), until meat is tender. The timetable serves as a guide to braising time.
3. Remove roasts from pan and let stand 15 to 20 minutes; slice and serve.

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BRAISING OR POT ROASTING MEATS--Continued

Timetable for Braising or Pot Roasting Meats

Kind of meat and approximate thickness or weight of each cut	Approximate amount to buy for 100 servings, 3 ounces lean meat each	Approximate cooking time[1]
		Hours
Beef:		
Chuck, boneless, 4 to 6 pounds	34 pounds 4 ounces	3 to 4
Brisket, fresh, boneless, 6 to 8 pounds	41 pounds	4 to 5
Flank steak, boneless, 1/2-inch thick	28 pounds	1-1/2 to 2
Round, boneless, 10 pounds	32 pounds 4 ounces	3 to 5
Round steak, boneless, 1/2-inch thick	32 pounds 4 ounces	3/4 to 1
Shortribs, bone in, 2 by 2 by 2 inches each.	50 pounds 12 ounces	1-1/2 to 2
Stew meat, 1-inch boneless cubes	31 pounds 4 ounces	1 to 1-1/2
Lamb:		
Chops, shoulder, bone in, 3/4-inch thick	41 pounds	3/4
Shoulder, boneless, 3 to 5 pounds	32 pounds 4 ounces	2 to 2-1/2
Stew meat, 1-1/2-inch boneless cubes	29 pounds	1-1/2 to 2
Pork:		
Chops, loin or rib, bone in, 3/4-inch thick	45 pounds 12 ounces	3/4 to 1
Spareribs, bone in, 2 to 3 pounds	48 pounds	1-1/2
Shoulder steak, boneless, 3/4-inch thick	27 pounds 8 ounces	3/4 to 1
Stew meat, 1-inch boneless cubes	31 pounds 12 ounces	3/4 to 1

Timetable for Braising or Pot Roasting Meats--Continued

Kind of meat and approximate thickness or weight of each cut	Approximate amount to buy for 100 servings, 3 ounces lean meat each	Approximate cooking time[1]
		Hours
Veal:		
Chops, loin or rib, bone in, 1/2- to 3/4-inch thick.	41 pounds	3/4 to 1
Chuck, boneless, 3 to 5 pounds	33 pounds 8 ounces	2 to 2-1/2
Stew meat, 1-inch boneless cubes	30 pounds 4 ounces	1-1/2 to 2

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[1] Frozen meat may be cooked without thawing first if up to one and a half longer cooking time is allowed.

SIMMERING MEATS

Some less tender and highly flavored cuts of meat are generally simmered or stewed in enough water to cover the meat. Suggested meat cuts for this method of cooking are given in the table.

DIRECTIONS FOR SIMMERING MEATS

1. Brown meat in a kettle, pot, or tilting skillet, and cover with water. For variety, add vegetables or seasonings such as carrots, celery, onions, bay leaves, thyme, marjoram, and parsley.
2. Cover; bring to simmering. Simmer until fork tender. The timetable serves as a guide to simmering time.
3. Remove meat from pot. Let large pieces stand 20 minutes; slice and serve.

Timetable for Simmering Meats

Kind of meat and approximate size or weight of each cut	Approximate amount to buy for 100 servings, 3 ounces lean meat each	Approximate simmering time
		Hours
Beef:		
Brisket, corned, boneless, 6 to 8 pounds	44 pounds 12 ounces	4 to 5
Brisket, fresh, bone in, 4 to 8 pounds	41 pounds	4 to 5
Shank, bone in, cross-cut, 4 pounds	28 pounds 8 ounces	3 to 4
Stew meat, 1-1/2-inch boneless cubes	33 pounds 8 ounces	1-1/2 to 2
Tongue, fresh, 3 to 4 pounds	32 pounds 4 ounces	3 to 4
Pork, cured, cook-before-eating:		
Half ham, bone in, 5 to 7 pounds	35 pounds 4 ounces	2 to 3
Shoulder (Boston butt), boneless, 2 to 3 pounds.	31 pounds 4 ounces	2 to 3
Shoulder (picnic), bone in, 5 to 8 pounds	34 pounds 12 ounces	3 to 4-1/2

Timetable for Simmering Meats--Continued

Kind of meat and approximate size or weight of each cut	Approximate amount to buy for 100 servings, 3 ounces lean meat each	Approximate simmering time
		Hours
Pork, fresh:		
Stew meat, 1-inch boneless cubes	30 pounds 4 ounces	1-1/2 to 2-1/2
Lamb:		
Stew meat, 1-1/2-inch boneless cubes	29 pounds	1-1/2 to 2
Veal:		
Stew meat, 1-inch boneless cubes	30 pounds 4 ounces	1-1/2 to 2

PREPARING POULTRY FOR COOKING

Poultry may be purchased either chilled or frozen. Chilled poultry should be stored in the coldest part of the refrigerator. Frozen poultry should be stored at 0°F or below. Whole poultry frozen without giblets, poultry parts, and roasts may be cooked without thawing. Cook all commercially frozen stuffed poultry from the frozen state; never thaw.

DIRECTIONS FOR THAWING POULTRY

1. Keep poultry frozen until time to thaw. Thaw in the refrigerator or under cold running water following the directions given below.
2. To thaw in refrigerator, place poultry in wrapper on trays or in shallow pans. Space on shelves in the refrigerator so air can circulate around packages. Thaw poultry until pliable and giblets can be removed from cavity of whole poultry. Allow time for thawing as follows:

Kind of poultry	Approximate thawing time
Chickens:	
4 pounds or over	1 to 1-1/2 days
Less than 4 pounds	12 to 16 hours
Turkeys:	
4 to 12 pounds	1 to 2 days
12 to 20 pounds	2 to 3 days
20 to 24 pounds	3 to 4 days
Pieces of large turkey (half, quarter, half breast)	1 to 2 days
Cut-up pieces	3 to 9 hours
Boneless roasts	12 to 18 hours

3. To thaw under cold water, keep poultry in original watertight wrapper. If wrapper is not watertight, place poultry in another bag that is watertight, place poultry under cold running water (70°F or below) with sufficient velocity to agitate and float off loose particles. Allow time for thawing as follows:

3 to 4 pounds	1 hour
4 to 12 pounds	4 to 6 hours
12 to 20 hours	6 to 8 hours
20 to 24 hours	8 to 12 hours

Be sure to sanitize sink following thawing of poultry.

4. Clean thawed poultry using directions for cleaning. Cook promptly.

DIRECTIONS FOR CLEANING CHILLED OR THAWED POULTRY

1. Remove neck and giblets from whole poultry if packed in the body cavities.
2. Remove any pinfeathers or pieces of lung or windpipe from the poultry. Wash whole poultry and pieces thoroughly, inside and out, in cold running water. Drain. Chilled, thawed, and frozen poultry should be washed before cooking.
3. Cook poultry and giblets promptly or cover loosely with waxed paper and refrigerate. Do not hold thawed poultry longer than 24 hours before cooking or chilled poultry longer than 1 to 2 days from the time of purchase.

ROASTING TURKEY

Whole turkeys, turkey pieces, or boneless turkey roasts may be roasted in open pans without added liquid. Whole turkeys should be roasted without stuffing. Stuffing may be baked separately; see Breads and Cereals, page 32.

DIRECTIONS FOR ROASTING WHOLE TURKEYS, TURKEY PIECES, AND BONELESS TURKEY ROASTS

1. Thaw and clean turkey according to directions on pages 74 and 75, Main Dish Section. Whole turkeys frozen without giblets, turkey pieces, and boneless turkey roasts may be roasted without thawing.
2. On whole turkeys, fold the neck skin over to the back and fasten with a skewer. Tie legs together over the body opening or if there is a band of skin above the tail, tuck legs into it.
3. Place whole turkeys, turkey pieces, or boneless turkey roasts on racks in shallow pans.
4. Insert thermometer in whole turkeys so the thermometer is in the center of the inner thigh muscle toward the body. Insert thermometer into the center of the thickest part of the breast or thigh pieces and into the center of the turkey roast. Be sure the thermometer does not touch bone.
5. Roast at 325°F (slow oven) until thermometer registers 185°F for whole turkeys and turkey pieces and 170°F for turkey roasts. Other tests for doneness are juice is clear with no pink color, the meat on the fleshy part of the thigh is soft when pressed with protected fingers, the leg joint moves easily, and the hip joint gives readily or breaks. The timetable on the next page is a guide to roasting time.

Timetable for Roasting Turkey at 325°F (slow oven)

Form of turkey and approximate weight	Amount to buy for 100 servings, 3 ounces meat without skin and bone each	Approximate cooking time[1]
		Hours
Whole:		
12 to 16 pounds	44 pounds	3-1/2 to 4-1/2
16 to 21 pounds	44 pounds	4-1/2 to 6
21 to 26 pounds	44 pounds	6 to 7-1/2
Halves, 8 to 12 pounds	44 pounds	2-1/4 to 4
Quarters, 3 to 8 pounds	44 pounds	1-1/2 to 3-1/2
Pieces:		
Breast, 8 to 12 pounds	36 pounds	3 to 4
Leg (drumstick and thigh), 3 to 8 pounds	38 pounds 4 ounces	1-3/4 to 3
Boneless roasts, 3 to 10 pounds	31 pounds	3 to 4

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[1] Whole turkeys frozen without giblets and other frozen forms of turkey may be roasted without thawing. Extra time will be needed.

STEWING OR STEAMING CHICKEN OR TURKEY

Mature chickens or turkeys require stewing or steaming to make them tender and bring out the full flavor. Young poultry cooked by these methods will take less time to cook, but the broth may not be as flavorful as that from mature poultry.

DIRECTIONS FOR STEWING CHICKEN OR TURKEY

1. Thaw and clean chicken or turkey according to directions on pages 74 and 75, Main Dish Section. Whole chickens or turkeys frozen without giblets may be cooked without thawing.

2. To stew chicken or turkey, put in stock pot or steam-jacketed kettle. Add enough hot water to barely cover chicken or turkey. Season with vegetables and herbs as desired. Cover and simmer until tender. Use timetable below as a guide.

Timetable for Stewing Chicken or Turkey

Kind of poultry and approximate weight	Amount to buy for 100 servings, 3 ounces meat without skin and bone each	Approximate stewing time[1]
		Hours
Chickens, 2-1/2 to 4 pounds	49 pounds	1 to 1-1/2
Chickens, 4 to 8 pounds	49 pounds	2 to 4
Turkeys, 18 to 20 pounds	44 pounds	3 to 3-1/2

[1] Chickens or turkeys frozen without giblets may be cooked without thawing. Extra time will be needed.

DIRECTIONS FOR STEAMING CHICKEN OR TURKEY

1. Thaw and clean chicken or turkey according to directions on pages 74 and 75, Main Dish Section. Whole chickens or turkeys frozen without giblets may be cooked without thawing.

2. To steam chicken or turkey, place in solid steamer pans. Steam until tender. Use timetable below as a guide to steaming time at 5 pounds pressure. Use manufacturer's timetable for steamers operating at different pressures.

Timetable for Steaming Chicken or Turkey

Kind of poultry and approximate weight	Amount to buy for 100 servings, 3 ounces meat without skin and bone each	Approximate steaming time at 5 pounds pressure[1]
		Hours
Chickens, 2-1/2 to 4 pounds	49 pounds	1 to 1-1/2
Chickens, 4 to 8 pounds	49 pounds	1 to 2
Turkeys, 18 to 20 pounds	44 pounds	2 to 2-1/2

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[1] Chickens or turkeys frozen without giblets may be cooked without thawing. Extra time will be needed.

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DIRECTIONS FOR COOLING COOKED CHICKEN OR TURKEY

1. Remove chicken or turkey from broth and place on sheet pans or trays.
2. Place container of broth in cold water or ice water. Keep water cold. Stir frequently to hasten cooling. Pour cooled broth in containers of 1 gallon or less. Cover; store in refrigerator. Use within 2 days after cooking.
3. When chickens or turkeys are cool enough to handle, remove meat from bones. Spread to cool. When cool, wrap meat loosely in waxed paper or foil. Store in refrigerator. Use within 2 days after cooking.

STORING AND THAWING FISH AND SHELLFISH

Fish and shellfish must be properly handled during storage, thawing, preparation, cooking, and serving to avoid spoilage or serious food poisoning.

DIRECTIONS FOR STORING

- Canned fish and shellfish should be stored in a cool, dry place.
- Fresh fish and shellfish should be delivered packed in crushed ice. Fresh fish and shellfish should be stored in the refrigerator at 35° to 40°F until removed for cooking.
- Do not hold fresh fish and shellfish longer than 1 day before cooking.
- Frozen fish and shellfish should be delivered hard frozen. Frozen fish and shellfish should be stored in the freezer at 0°F or below until removed for thawing and cooking.

DIRECTIONS FOR THAWING

1. Schedule thawing so that fish or shellfish will be cooked soon after it is thawed. Do not hold thawed fish or shellfish longer than 1 day before cooking.
2. Remove fish or shellfish from the cartons and place the individual packages or cans on trays in the refrigerator at 35° to 40°F to thaw. Allow 24 to 36 hours for thawing 1-pound packages or cans and 48 to 72 hours for thawing 5-pound solid packed packages or gallon cans.
3. Do not thaw at room temperature or in warm water.
4. Do not refreeze.
5. Battered or breaded fish and shellfish should not be thawed before cooking.
6. Frozen fillets and steaks may be cooked without thawing if additional cooking time is allowed. Fillets or steaks to be breaded or stuffed should be thawed.

COOKING FISH AND SHELLFISH

Fish and shellfish may be cooked by any of several cooking methods.

Suggested cooking methods for the various fish and shellfish are given in the table below.

Schedule the cooking so that fish or shellfish will be served soon after it is cooked.

Cook only until fish flesh becomes opaque and flakes easily when tested with a fork. Do not overcook.

Use the timetable below as a guide for cooking fish and shellfish.

Timetable for Cooking Fish and Shellfish

Cooking method	Kind of fish	Amount to buy for 100 servings, 3 ounces each	Cooking temperature	Approximate cooking time
				Minutes
Baking	Fish:			
	Fillets	26 pounds 12 ounces	350°F	30 to 40
	Pan-dressed	41 pounds 12 ounces	350°F	35 to 45
	Portions or sticks:			
	Battered, fried	18 pounds 12 ounces[1]	425°F	30 to 40
	Breaded, fried	18 pounds 12 ounces[1]	400°F	15 to 20
	Steaks	28 pounds 8 ounces	350°F	30 to 40

See footnotes on page 84.

Timetable for Cooking Fish and Shellfish--Continued

Cooking method	Kind of fish	Amount to buy for 100 servings, 3 ounces each	Cooking temperature	Approximate cooking time
				Minutes
Broiling	Fish:			
	Fillets	26 pounds 12 ounces	Broil	10 to 15
	Pan-dressed	41 pounds 12 ounces	Broil	10 to 16
	Steaks	28 pounds 8 ounces	Broil	10 to 15
	Shellfish:			
	King crab legs	37 pounds 8 ounces	Broil	8 to 10
	Lobsters	100 lobsters[2]	Broil	12 to 15
	Spiny lobster tails	37 pounds 8 ounces	Broil	10 to 15
Poaching	Fish:			
	Fillets	26 pounds 14 ounces	Simmer	5 to 10
	Steaks	28 pounds 8 ounces	Simmer	5 to 10
Simmering	Shellfish:			
	Blue crabs	133 pounds 8 ounces	Simmer	10 to 15*
	Lobsters	100 lobsters[2]	Simmer	15 to 20*
	Scallops	30 pounds, shucked	Simmer	3 to 4*
	Shrimp, headless	37 pounds 8 ounces, in shell.	Simmer	3 to 5*

*Drain immediately.
See footnotes on page 84.

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Timetable for Cooking Fish and Shellfish--Continued

Cooking method	Kind of fish	Amount to buy for 100 servings, 3 ounces each	Cooking temperature	Approximate cooking time
				Minutes
Simmering (continued)	Shellfish (continued)			
	Spiny lobster tails	37 pounds 8 ounces	Simmer	10 to 15
Steaming	Fish:			
	Fillets	28 pounds 12 ounces	Steam	5 to 10
	Steaks	28 pounds 8 ounces	Steam	5 to 10
	Shellfish:			
	Blue crabs	133 pounds 8 ounces	Steam	10 to 15
	Lobsters	100 lobsters[2]	Steam	15 to 20
	Shrimp, headless	37 pounds 8 ounces, in shell.	Steam	3 to 5
	Spiny lobster tails	37 pounds 8 ounces	Steam	10 to 15

---

[1] 3-ounce serving includes batter coating or breading.

[2] Lobsters, 1 to 1-1/4 pounds each, yield 4 to 5 ounces cooked meat.

BAKED BEANS

Serving size: About 3/4 cup

Main Dishes

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Dry Navy beans	2 gal	14 lb	--------	1. Sort and wash beans.
Boiling water	5 gal	----------------	--------	2. Add beans to boiling water. Return to boiling. Boil 2 minutes. Remove from heat; cover. Soak 1 hour or place in refrigerator overnight.
Salt	2 Tbsp	----------------	--------	3. Add salt to beans. Cover and cook gently until beans are tender, about 1-1/2 hours. Drain; save 1-3/4 gallons bean liquid. 4. Place cooked, drained beans in 4 pans (about 12 by 20 inches), about 1-1/4 gallons or 8 pounds per pan.
Hot bean liquid	1-3/4 gal	----------------	--------	5. Mix remaining ingredients. Pour over beans in pans, about 3 quarts or 6 pounds 8 ounces per pan.
Frozen chopped onions	3 qt	2 lb 15 oz	--------	
Tomato puree	3 cans, 29 oz each.	5 lb 8 oz	--------	

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BAKED BEANS--Continued

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Dark molasses	1 qt	2 lb 12 oz		6. Bake at 350°F (moderate oven) 2 hours; stir after 1 hour. Stir again, if needed, to prevent drying.
Dry mustard	1/4 cup			
Ground cloves	1 Tbsp			
Ground ginger	2 tsp			
Salt	2 Tbsp			
Pepper	2 tsp			
Worcestershire sauce	2 Tbsp			

BAKED FLOUNDER

Serving size: 1 piece

Main Dishes

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Fresh or frozen flounder fillets.	--------------	26 lb------------	--------	1. Thaw frozen fillets (page 81). Divide into 100 servings, about 4 ounces each. 2. Place in a single layer, skin side down on 4 greased sheet pans (about 18 by 26 inches), 25 servings per pan.
Margarine, melted----------	2 cups--------	1 lb-------------	--------	3. Mix margarine, lemon juice, lemon rind, salt, and pepper.
Lemon juice----------------	2 cups--------	-----------------	--------	4. Pour mixture over fish, about 1 cup or 3 ounces per pan.
Lemon rind, grated---------	1/2 cup-------	-----------------	--------	5. Bake at 350°F (moderate oven) 25 to 30 minutes or until fish flakes easily when tested with a fork.
Salt-----------------------	2 Tbsp--------	-----------------	--------	
Pepper---------------------	2 tsp---------	-----------------	--------	

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Serving size: About 2/3 cup

BAKED MACARONI AND CHEESE

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Elbow macaroni		6 lb		1. Cook macaroni in boiling water until tender, about 12 minutes. Drain.
Boiling water	6 gal			2. Place in 4 baking pans (about 12 by 20 inches), about 2-3/4 quarts or 4 pounds per pan.
Margarine	1 cup	8 oz		3. Melt margarine; stir in flour, mustard, and salt.
Flour	2 cups	9 oz		4. Gradually stir in milk. Cook, stirring constantly, until thickened.
Dry mustard	3 Tbsp			5. Add cheese; stir until cheese melts.
Salt	1-1/3 Tbsp			6. Pour sauce over cooked macaroni, about 2-1/2 quarts or 5 pounds 10 ounces per pan.
Skim milk, heated	2 gal			7. Bake at 350°F (moderate oven) 35 to 40 minutes until lightly browned.
Process Cheddar cheese, shredded.		6 lb		

BAKED STUFFED COD

Serving size: 1 piece, about 2 by 3-3/4 inches

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Frozen cod fillets	-------------	25 lb	--------	1. Thaw frozen fish fillets (page 81).
Frozen chopped onions	2 qt	1 lb 15-1/2 oz	--------	2. Cook onions and celery in margarine until tender., 3. Stir in bread cubes, parsley, seasonings, and milk; toss to mix. 4. Arrange half the fillets in 4 greased baking pans (about 12 by 20 inches), about 3 pounds per pan. 5. Spread bread cube mixture over fillets, using about 1 gallon or 2 pounds 4 ounces per pan. 6. Arrange remaining fillets over bread cube mixture, about 3 pounds per pan.
Celery, chopped	2 qt	2 lb 1-1/2 oz	--------	
Margarine	1 cup	8 oz	--------	
Dry bread cubes	3 gal	4 lb 7 oz	--------	
Parsley, chopped	1 cup	----------------	--------	
Poultry seasoning	3 Tbsp	----------------	--------	
Salt	2 Tbsp	----------------	--------	
Pepper	2 tsp	----------------	--------	
Skim milk	2 cups	----------------	--------	
Margarine, melted	1 cup	8 ounces	--------	7. Brush fillets with 1 cup melted margarine. 8. Cover pans and bake at 325°F (slow oven) 40 minutes.

(over)

BAKED STUFFED COD--Continued

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Margarine, melted----------	1/2 cup-------	4 ounces---------	--------	9. Mix 1/2 cup margarine with parsley. Uncover fillets and brush with margarine mixture. 10. Return to oven and bake uncovered an additional 10 minutes or until fish flakes easily when tested with a fork.
Parsley, chopped-----------	1/2 cup-------	-----------------	--------	

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BEEF-POTATO PIE

Serving size: About 2/3 cup beef mixture and 1/3 cup potatoes

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Lean beef stew cubes-------	--------------	16 lb------------	--------	1. Trim fat from beef cubes. 2. Brown cubes well. Drain off fat. 3. Add water and salt. Cover; cook until beef is tender, about 2 hours.
Boiling water--------------	1-1/2 gal-----	-----------------	--------	
Salt----------------------	1/4 cup-------	-----------------	--------	
Frozen small whole onions--	1 gal---------	4 lb 14 oz-------	--------	4. Add onions and carrots to beef; cook 5 minutes. Add peas, cook 5 minutes longer.
Frozen sliced carrots------	1-1/2 gal-----	6 lb 12 oz-------	--------	
Frozen green peas----------	1 gal---------	5 lb-------------	--------	
Flour----------------------	3 cups--------	14-1/2 oz--------	--------	5. Mix flour, pepper, and water until smooth. Gently stir into meat and vegetable mixture. Cook, stirring constantly, until thickened. 6. Pour mixture into 4 baking pans (about 12 by 20 inches), about 1 gallon or 8 pounds 8 ounces per pan.
Pepper---------------------	1/2 tsp-------	-----------------	--------	
Water----------------------	3 cups--------	-----------------	--------	

(over)

BEEF-POTATO PIE--Continued

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Potatoes, pared-----------	--------------	11 lb 4 oz-------	--------	7. Boil potatoes until tender. Drain. 8. Mash potatoes in mixer until smooth. Add salt and margarine. Gradually add enough milk to moisten. Beat on high speed until potatoes are light and fluffy. 9. Spread mashed potatoes on beef mixture in pans, about 2 quarts or 3 pounds 7-1/2 ounces per pan.
Skim milk, heated---------	About 1 qt----	-----------------	--------	
Salt----------------------	1-1/3 Tbsp----	-----------------	--------	
Margarine-----------------	3/4 cup-------	6 oz-------------	--------	
Paprika-------------------	As desired----	-----------------	--------	10. Sprinkle potatoes with paprika. 11. Bake at 400°F (hot oven) 30 minutes or until potatoes are lightly browned.

CHICKEN CACCIATORE

Serving size: 1 breast half or leg and 1/3 cup sauce

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Chicken breast halves	50 pieces	17 lb 4 oz	--------	1. Wash chicken. Drain. 2. Place chicken pieces in 6 baking pans (about 12 by 20 inches), 16 to 17 pieces per pan. 3. Bake at 400°F (hot oven) until chicken is brown, about 1 hour.
Chicken legs (drumstick and thigh).	50 pieces	21 lb	--------	
Frozen chopped onions	2 qt	1 lb 15-1/2 oz	--------	4. Cook onions in boiling water until tender. Stir in remaining ingredients. 5. Bring to boiling. Cook 10 minutes to blend flavors. 6. Pour tomato mixture over chicken pieces, about 1-1/2 quarts or 3 pounds 4 ounces per pan. 7. Return to oven and bake 20 to 25 minutes or until chicken is tender.
Boiling water	1 qt	----------------	--------	
Tomatoes	2 cans, 102 oz each.	----------------	--------	
Tomato puree	2 cans, 29 oz each.	----------------	--------	
Oregano leaves	1/4 cup	----------------	--------	
Celery seed	2 Tbsp	----------------	--------	
Garlic powder	1 tsp	----------------	--------	
Pepper	1 tsp	----------------	--------	
Salt	3 Tbsp	----------------	--------	

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Serving size: About 1/2 cup

CHICKEN-CORN CASSEROLE

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Frozen chopped onions	2 cups	8 oz	--------	1. Cook onions, green peppers, and celery in margarine until tender.
Frozen chopped green peppers.	2 cups	10 oz	--------	
Celery, chopped	2 cups	8-1/2 oz	--------	
Margarine	1-1/3 cups	10-1/2 oz	--------	
Flour	2-2/3 cups	12 oz	--------	2. Stir in flour, salt, and pepper.
Salt	2 Tbsp	----------------	--------	
Pepper	2 tsp	----------------	--------	3. Gradually stir in chicken broth. Cook, stirring, constantly, until thickened.
Skimmed chicken broth, unsalted, heated.	1-1/4 gal	----------------	--------	
Whole kernel corn, drained	2 cans, 106 oz each.	----------------	--------	4. Mix hot mixture with corn, chicken, and cheese.
Cooked chicken, diced	2 gal	9 lb 8 oz	--------	5. Pour into 4 baking pans (about 12 by 20 inches), about 3-1/2 quarts or 7 pounds 12 ounces per pan.
Process Cheddar cheese, shredded.	1-1/2 qt	1 lb 6 oz	--------	
Fine dry breadcrumbs	2 cups	7-1/2 oz	--------	6. Mix breadcrumbs with melted margarine. Sprinkle evenly over mixture in pans, about 2-3/4 ounces per pan.
Margarine, melted	1/2 cup	4 oz	--------	

CHICKEN-CORN CASSEROLE--Continued

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
				7. Bake at 350°F (moderate oven) 45 minutes or until bubbly and crumbs are lightly browned.

VARIATION

TURKEY-CORN CASSEROLE: Use turkey broth and cooked turkey in place of chicken broth and cooked chicken.

CHICKEN LOAF

Serving size: 1 piece, about 2 by 2 inches

Main Dishes

Ingredients	**100 servings**		**For ___ servings**	**Directions**
	Volume	**Weight**		
Celery, chopped	1 qt	1 lb 1 oz	--------	1. Cook celery, onions, and green peppers in margarine until tender.
Frozen chopped onions	1 cup	4 oz	--------	
Frozen chopped green peppers.	1 cup	5 oz	--------	
Margarine	2 cups	1 lb	--------	
Flour	2 cups	9 oz	--------	2. Stir flour and salt into cooked vegetables.
Salt	3 Tbsp	----------------	--------	
Chicken broth, unsalted, heated.	2 qt	----------------	--------	3. Gradually stir in hot broth. Cook, stirring constantly, until very thick.
Cooked chicken diced	2-1/2 gal	11 lb 12 oz	--------	4. Add chicken, pimientos, worcestershire sauce, and eggs. Mix well.
Pimientos, chopped	1 cup	8 oz	--------	
Worcestershire sauce	2 Tbsp	----------------	--------	
Eggs, beaten	8 large	14 oz	--------	5. Spread mixture evenly into 2 greased baking pans (about 12 by 20 inches), about 4-1/2 quarts or 9 pounds 14 ounces per pan. 6. Bake at 350°F (moderate oven) 45 minutes or until done in the center.

VARIATION

TURKEY LOAF: Use cooked turkey and turkey broth in place of chicken and chicken broth.
TUNA LOAF: Omit cooked chicken, chicken broth, salt, and worcestershire sauce. Use 16 cans, 13 oz each, water-pack tuna, drained and flakes. For liquid, use tuna liquid and enough skim milk to measure 2 quarts.

Serving size: 3/4 cup

CHILI CON CARNE

Main Dishes

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Ground beef		9 lb		1. Cook beef, onions, and green peppers until beef is lightly browned. Drain fat.
Frozen chopped onions	2 qt	1 lb 15-1/2 oz		
Frozen chopped green peppers.	2 cups	10 oz		
Kidney beans	3 cans, 108 oz each.			2. Add beans, puree, seasonings, and water.
Tomato puree	2 cans, 105 oz each.			3. Simmer 30 minutes to blend flavors.
Garlic powder	1/2 tsp			
Salt	1/4 cup			
Chili powder	1/2 cup			
Ground cumin	2 Tbsp			
Water	2 qt			

CREOLE PORK CHOPS

Serving size: 1 chop plus about 1/4 cup sauce

Main Dishes

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Pork chops	100	33 lb	--------	1. Trim fat from pork chops. 2. Place pork chops on sheet pans. 3. Brown at 350°F (moderate oven) 30 minutes. Drain off fat. 4. Place browned pork chops in 4 baking pans (about 12 by 20 inches), 25 chops per pan.
Tomatoes	2 cans, 102 oz each.	----------------	--------	5. Simmer remaining ingredients together 30 minutes. 6. Pour sauce over chops in pans, about 2 quarts or 4 pounds per pan. 7. Cover pans and bake at 350°F (moderate oven) 1-1/2 hours or until meat is tender.
Frozen chopped onions	1-1/2 qt	1 lb 7-1/2 oz	--------	
Frozen chopped green peppers.	1-1/2 qt	1 lb 14 oz	--------	
Salt	2 Tbsp	----------------	--------	
Pepper	1 tsp	----------------	--------	
Vinegar	1/2 cup	----------------	--------	
Worcestershire sauce	1/2 cup	----------------	--------	

HAWAIIAN PORK

Serving size: About 2/3 cup pork and 1/2 cup rice

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Lean pork, cut in 1-inch cubes.	--------------	18 lb	--------	1. Cook pork in water until almost tender, about 1-1/4 hours.
Boiling water	2-1/2 qt	----------------	--------	
Garlic powder	1 tsp	----------------	--------	2. Add garlic powder and carrots. Cook until carrots are tender about 20 minutes. 3. Add green pepper strips.
Carrots, pared, sliced	1-1/4 gal	5 lb 8 oz	--------	
Green pepper strips	1 gal	3 lb 8 oz	--------	
Pineapple chunks in natural juice.	8 cans, 20 oz each.	----------------	--------	4. Drain pineapple; set aside. Save 2 quarts juice.
Cornstarch	2 cups	8-3/4 oz	--------	5. Mix cornstarch with vinegar. Stir in soy sauce and pineapple juice. 6. Stir mixture into pork and vegetables. Cook, stirring constantly, until thickened. 7. Stir in pineapple chunks. Heat to simmering.
Vinegar	1-1/2 cups	----------------	--------	
Soy sauce	1-1/2 cups	----------------	--------	
Pineapple juice	2 qt	----------------	--------	

HAWAIIAN PORK--Continued

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Cooked rice, unsalted (Breads and Cereals, page 40).	3 gal 2 cups--	17 lb 8 oz-------	--------	8. Serve over rice.

HOT HAM-POTATO SALAD

Serving size: About 1 cup

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Frozen chopped green peppers.	1-1/2 qt	1 lb 14 oz		1. Cook green peppers and onions in margarine until tender. 2. Stir in flour, sugar, pepper, and celery seed. 3. Gradually stir in water and vinegar. Cook, stirring constantly, until thickened.
Frozen chopped onions	3 qt	3 lb		
Margarine	2 cups	1 lb		
Flour	3 cups	13-1/2 oz		
Sugar	2 cups	14 oz		
Pepper	2 tsp			
Celery seed	1/4 cup			
Water	1 gal			
Vinegar	2 qt			
Potatoes, cooked, sliced	4 gal	22 lb 8 oz		4. Pour sauce over potatoes and ham. Mix gently. 5. Place in 4 baking pans (about 12 by 20 inches), about 1-1/2 gallons or 12 pounds per pan. 6. Bake at 350°F (moderate oven) 45 minutes or until hot and flavors are blended.
Cooked ham, strips	2-1/2 gal	12 lb 12 oz		

LAMB STEW

Serving size: About 1 cup

Main Dishes

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Lean lamb stew cubes-------	--------------	24 lb------------	--------	1. Trim excess fat from lamb cubes.
Water----------------------	1-1/2 gal-----	----------------	--------	2. Brown lamb well. Drain off fat.
Salt-----------------------	1/4 cup-------	----------------	--------	3. Add water and seasonings; simmer until lamb is tender, about 1-1/4 hours.
Pepper---------------------	1 Tbsp--------	----------------	--------	
Marjoram leaves------------	1 Tbsp--------	----------------	--------	
Cold water-----------------	3 cups--------	----------------	--------	4. Stir water into flour until smooth. Add to lamb mixture. Cook, stirring constantly, until thickened.
Flour----------------------	3 cups--------	13-1/2 oz--------	--------	
Potatoes, pared, diced-----	2-1/2 gal-----	14 lb 4 oz-------	--------	5. Cook vegetables in boiling water until tender, about 20 minutes; drain.
Carrots, pared, diced------	2-1/2 gal-----	12 lb 12 oz------	--------	6. Add drained vegetables to meat mixture. Mix gently.
Frozen chopped onions------	1 qt----------	1 lb-------------	--------	
Boiling water--------------	2 qt----------	----------------	--------	

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LIVER AND TOMATOES

Serving size: About 3/4 cup liver and 1/2 cup rice

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Beef liver, sliced	--------------	18 lb	--------	1. Place liver slices on baking sheets. Brush with oil. 2. Bake at 400°F (hot oven) until brown, about 25 minutes. 3. Remove from oven. Drain. 4. Cut liver into strips about 2 inches long.
Oil	1/2 cup	3-3/4 oz	--------	
Tomatoes	4 cans, 102 oz each.	----------------	--------	5. Simmer tomatoes, onions, green peppers, celery, and seasonings together 15 minutes to blend flavors. 6. Add liver to tomato mixture. 7. Simmer, covered, 45 minutes or until liver is tender.
Frozen chopped onions	2 qt	1 lb 15-1/2 oz	--------	
Frozen chopped green peppers.	1 qt	1 lb 4 oz	--------	
Celery, chopped	1 qt	1 lb 1 oz	--------	
Pepper	2 tsp	----------------	--------	
Basil leaves	1-1/3 Tbsp	----------------	--------	
Garlic powder	1 tsp	----------------	--------	
Worcestershire sauce	1/4 cup	----------------	--------	
Flour	2 cups	9 oz	--------	8. Mix flour and water until smooth. Stir into liver and tomatoes. Cook, stirring constantly, until thickened.
Water	2 cups	----------------	--------	

LIVER AND TOMATOES--Continued

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Cooked rice, unsalted (Breads and Cereals, page 40).	3 gal 2 cups--	17 lb 8 oz-------	--------	9. Serve over rice.

Serving size: 1 slice, about 5/8 inch thick

MEAT LOAF

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Salt	1/4 cup			1. Sprinkle salt and pepper over bread in mixer bowl. Add milk and beat 2 minutes.
Pepper	2 tsp			
Bread slices		2 lb		
Skim milk	3 qt			
Ground beef		18 lb		2. Add remaining ingredients. Mix well but not long. 3. Form 4 loaves in 2 baking pans (about 12 by 20 inches), about 7 pounds 8 ounces per loaf. 4. Bake at 350°F (moderate oven) 1-1/2 hours or until browned.
Frozen chopped onions	1 qt	1 lb		
Celery, finely chopped	1 qt	1 lb 1 oz		
Eggs, beaten	12 large	1 lb 5 oz		

MEAT SAUCE

Serving size: About 1/2 cup

Main Dishes

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Ground beef	----------	15 lb	--------	1. Cook beef, onions, and green peppers until beef is lightly browned.
Frozen chopped onions	1 qt	1 lb	--------	
Frozen chopped green peppers.	2 cups	10 oz	--------	2. Drain fat.
Garlic powder	2 tsp	----------	--------	3. Stir remaining ingredients into meat mixture.
Cayenne pepper	1/4 tsp	----------	--------	
Black pepper	1 Tbsp	----------	--------	4. Simmer, covered, about 1 hour until flavors are blended. Stir occasionally.
Oregano leaves	2 Tbsp	----------	--------	
Basil leaves	1 Tbsp	----------	--------	
Parsley flakes	2 Tbsp	----------	--------	5. Serve over cooked spaghetti, macaroni, or noodles (Breads and Cereals, page 36).
Tomato puree	2 cans, 106 oz each.	----------	--------	
Tomato juice	2 cans, 46 fl. oz each.	----------	--------	

Serving size: 1 piece

OVEN-BAKED CHICKEN

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Quarters from 2-1/2-pound chickens.	100 pieces (25 chickens).	62 lb 8 oz-------	--------	1. Wash chicken pieces; drain. 2. Place 1 layer deep on sheet pans. 3. Sprinkle salt on chickens. 4. Bake at 400°F (hot oven) 1-1/2 hours or until chicken is tender and golden brown.
Salt----------------------	1/4 cup-------	----------------	--------	

PEPPER STEAK

Serving size: 1 piece plus 1/4 cup sauce

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Beef round steak, boneless		25 lb		1. Cut meat into 100 4-ounce portions. Place on sheet pans. 2. Brown at 350°F (moderate oven) 30 minutes. Drain. 3. Place meat in 4 baking pans (about 12 by 20 inches), 25 portions per pan.
Green pepper strips	3 qt	2 lb 10 oz		4. Cover steaks with green peppers (about 3 cups or 10-1/2 ounces per pan) and onions (about 3 cups or 12 ounces per pan). 5. Sprinkle garlic powder, salt, and pepper over vegetables.
Onions, sliced	3 qt	3 lb		
Garlic powder	1 teaspoon			
Salt	1/4 cup			
Pepper	1 tsp			
Flour	3 cups	13-1/2 oz		6. Mix flour and water until smooth. Stir into tomatoes. Cook, stirring constantly, until thickened. 7. Pour tomatoes over meat and vegetables. 8. Place 3 bay leaves on top of tomatoes in each pan, being careful not to break bay leaves up.
Water	1 qt			
Tomatoes	2 cans, 102 oz each.			
Bay leaves	12			

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PEPPER STEAK--Continued

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
				9. Cover pans and bake at 350°F (moderate oven) 2 hours or until meat is tender.
				10. Remove bay leaves before serving, being careful not to leave any pieces.

SALISBURY STEAKS WITH MUSHROOM SAUCE

Serving size: 1 steak plus 2 tablespoons sauce

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Salt	2 Tbsp			1. Sprinkle salt, pepper, and onions over bread in mixer bowl. Add milk and mix well.
Pepper	2 tsp			
Frozen chopped onions	1 qt	1 lb		
Bread slices		2 lb		2. Lightly mix in ground beef.
Skim milk	1-1/2 qt			3. Shape mixture into 100 steaks, about 3-3/4 ounces each. Place in 4 baking pans (about 12 by 20 inches), 25 steaks per pan.
Ground beef		18 lb		4. Bake at 350°F (moderate oven) until lightly browned, about 20 minutes. Drain.
Sliced mushrooms	4 cans, 8 oz each.			5. Drain mushrooms; save liquid.
Flour	2 cups	9 oz		6. Mix flour, salt, onion powder, and pepper. Gradually stir in liquid and milk. Cook, stirring constantly, until thickened.
Salt	1 Tbsp			
Onion powder	1 Tbsp			
Pepper	1 tsp			
Mushroom liquid and water	3 cups			
Skim milk	3 qt			7. Add mushrooms to sauce and pour over steaks, about 1 quart 3/4 cup or 2 pounds 8 ounces per pan.

(over)

SALISBURY STEAKS WITH MUSHROOM SAUCE--Continued

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
				8. Cover pans and bake 30 minutes or until steaks are no longer pink in middle and flavors are blended.

SAUERBRATEN BEEF CUBES

Serving size: About 1/3 cup beef and 1/2 cup noodles

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Lean beef stew cubes		20 lb		1. Trim excess fat from beef cubes. 2. Brown beef cubes well.
Onions, sliced	3 qt	3 lb		3. Add onions, lemon juice, vinegar, water, sugar, and seasonings. 4. Cook, covered, until beef is tender, about 1 hour. 5. Remove bay leaves.
Lemon juice	1-1/2 cups			
Vinegar	1 qt			
Water	2 qt			
Sugar	1/2 cup	3-1/2 oz		
Salt	1/4 cup			
Pepper	1 tsp			
Bay leaves (in cheese cloth bag).	24			
Cornstarch	1-1/3 cups	6 oz		6. Mix cornstarch and cold water. Add to beef mixture, stirring constantly. 7. Cook, stirring constantly, until thickened.
Cold water	1-1/3 cups			
Cooked noodles (Breads and Cereals, page 36).	3 gal 2 cups	13 lb 12 oz		8. Serve over noodles.

TURKEY-CHEESE-MACARONI CASSEROLE

Serving size: About 3/4 cup

Main Dishes

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Elbow macaroni	--------------	5 lb	--------	1. Cook macaroni in boiling water until tender, about 7 minutes. Drain.
Boiling water	5 gal	----------------	--------	
Margarine	2 cups	1 lb	--------	2. Melt margarine; stir in flour and seasonings.
Flour	1 qt	1 lb 2 oz	--------	
Salt	1-1/3 Tbsp	----------------	--------	3. Gradually stir in milk. Cook, stirring constantly, until thickened.
Pepper	1 tsp	----------------	--------	
Marjoram leaves	1-1/3 Tbsp	----------------	--------	
Skim milk, heated	2 gal	----------------	--------	
Cooked turkey, diced	1-1/4 gal	6 lb 4 oz	--------	4. Stir in macaroni, turkey, 2-1/2 quarts cheese, and pimientos.
Process Cheddar cheese, shredded.	2-1/2 qt	2 lb 4-1/2 oz	--------	
Pimientos, chopped	3 cups	1 lb 8 oz	--------	5. Pour mixture in 4 baking pans (about 12 by 20 inches), 4-3/4 quarts or about 10 pounds per pan.
Process Cheddar cheese, shredded.	1 qt	14-1/2 oz	--------	6. Sprinkle 1 cup cheese over top of each pan. 7. Bake at 350°F (moderate oven) 30 minutes or until bubbly.

VARIATION

CHICKEN-CHEESE-MACARONI CASSEROLE: Use cooked chicken in place of turkey.

TURKEY CURRY

Serving size: About 2/3 cup curry and 1/2 cup rice

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Frozen chopped onions	1 qt	1 lb		1. Cook onions and apples in margarine until tender, about 4 minutes.
Tart apples, chopped	3 qt	3 lb 4 oz		
Margarine	2 cups	1 lb		
Flour	1 qt	1 lb 2 oz		2. Stir in flour and seasonings.
Curry powder	1/4 cup			3. Gradually stir in broth and milk. Cook, stirring constantly, until thickened.
Salt	1/4 cup			
Ground ginger	2 tsp			
Pepper	1 tsp			
Turkey broth, unsalted	3 qt			
Skim milk	1-1/2 gal			
Cooked turkey, diced	2 gal	10 lb 4 oz		4. Add turkey and raisins to cooked mixture. Heat to serving temperature.
Raisins	1 qt	1 lb 4-1/2 oz		
Rice, unsalted, cooked (Breads and Cereals, page 40).	3 gal 2 cups	17 lb 8 oz		5. Serve over rice.

VARIATION

CHICKEN CURRY: Use cooked chicken and chicken broth in place of cooked turkey and turkey broth.

SALADS AND SALAD DRESSINGS

CONTENTS

Page

- Preparing vegetable and fruit salads....... 118
- Salad combinations........................ 119
- Cold-plate lunches........................ 121

Main dish salads:

  - Chicken-macaroni salad.................. 122
    - Turkey-macaroni salad................. 122
    - Tuna-macaroni salad................... 122
  - Ham-vegetable salad..................... 123
    - Salmon-vegetable salad................ 123
  - Turkey-waldorf salad.................... 124
    - Chicken-waldorf salad................. 124
  - Vegetable-cottage cheese salad.......... 125

Vegetable and fruit salads:

  - Apple-cabbage slaw...................... 126
  - Cranberry-orange relish................. 127
  - Fruit salad............................. 128
  - Jellied citrus salad.................... 129
  - Jellied vegetable salad................. 130
  - Potato salad............................ 131
  - Raw vegetable salad..................... 132

Salad dressings:

  - French dressing......................... 133
  - Fruit salad dressing.................... 134

PREPARING VEGETABLE AND FRUIT SALADS

Vegetable and fruit salads can be colorful and contribute variety in textures to a meal. Salad ingredients should be crisp and of good quality. Simple combinations of vegetables or fruits are generally the most appealing.

SALAD GREENS

Wash salad greens gently but thoroughly in cold water. Separate leaves in order to wash them thoroughly. Drain well.

Place salad greens in a container covered with a clean damp cloth or in plastic bag and chill in the refrigerator.

Use a variety of salad greens in season, such as young spinach, Chinese cabbage, endive, romaine, escarole, or Boston lettuce as well as the usual iceberg or leaf lettuce.

SALAD DRESSINGS

Add salad dressings to salads just before serving unless the fruits or vegetables are to be marinated.

To keep fruits, such as apples or peaches, from darkening before adding the dressing, dip them in citrus or pineapple juice.

Sogginess and wilting can be avoided by using only enough dressing to moisten the vegetables or fruits.

Dressings for some salads may be served in serving-size containers, such as portion cups.

A choice of several kinds of dressing appropriate for the salad being served may be offered. Try some that are moderate in oil, such as the french dressing in this file (Salads and Salad dressings, page 133).

GARNISHES

Vegetable salads may be garnished with carrot or celery curls; croutons; fluted cucumber slices; green onion fans; herb sprigs such as chervil, dill, and parsley; lemon wedges; pimiento strips; radish roses; red leaf lettuce cups; red onion or green pepper rings; turnip, beet, and zucchini sticks.

Garnishes for fruit salads include blackberries, blueberries, cherries, and strawberries; green, red, or black grape clusters; leaves of celery, curly endive, mint, or parsley; lemon or lime twists; pomegranate seeds; slices of melons, lemons, or oranges; and wedges of unpeeled apple, pineapple, or pear.

SALAD COMBINATIONS

Salads can be made using vegetables and fruits that contrast in flavor and texture. Ingredients that go well together in salads are suggested below.

FRUIT SALAD COMBINATIONS

Use fresh fruits, unsweetened frozen fruits, or fruits canned in their own juice or light sirup for fruit cups or drained and mixed for salads. Garnish fruits with lowfat yogurt.

Arrange sections of oranges and grapefruit alternately on salad greens. Serve with celery seed or other fruit salad dressing.

Slice bananas in half crosswise and lengthwise. Dip in thin cooked salad dressing and roll in cornflake crumbs. Add pineapple chunks and one or two pear and peach slices.

Serve assorted melon balls, pineapple chunks, and strawberries on a lettuce leaf with garnish of lowfat cottage cheese.

Combine fresh pineapple chunks, blueberries, banana slices, and fresh sweet cherries. Garnish with lemon, lime, or orange wedge.

Place a slice of pineapple on salad greens. Top with waldorf salad.

Combine chilled grapefruit and apple sections. Sprinkle with lime juice and garnish with lime slice and mint sprig.

Arrange melon spears, orange slices, and wedges of kiwi fruit on bed of endive.

Contrast the color of Italian plum wedges and blueberries with sliced bananas and diced pears.

Combine pink grapefruit sections and watermelon wedges on spinach leaves.

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VEGETABLE SALAD COMBINATIONS

Tossed salad may be varied by using all kinds of greens. Herbs such as thyme, marjoram, or basil may be used for seasoning. See Salad and Salad Dressings, page 118 for garnish suggestions.

Combine spinach pieces with mandarin orange sections, crisp water chestnut slices, onion rings, and a light, french dressing.

Marinate blanched or raw fresh broccoli spears in a light vinegar-oil dressing. Drain and serve with tomato wedges.

Serve shredded Chinese cabbage with a tart lemon dressing.

Combine diced zucchini, cucumbers, and carrots with fresh cooked green beans and peas, and raw bean sprouts, chopped scallions and green peppers, sliced mushrooms, and a little oregano-flavored dressing.

Toss cut-up celery, tomatoes, green peppers, and cauliflower with a vinaigrette dressing.

Lowfat yogurt seasoned with dill is a tasty topping for a combination of carrots, cabbage, cooked dried beans, thawed green peas and lima beans, bean sprouts, and cooked beets.

Dress up coleslaw by adding shredded red cabbage, carrots, or green pepper for color.

Chop raw fresh beets and onions, shred green cabbage and toss with lowfat yogurt flavored with horseradish.

For a "make-your-own" salad, offer: Florets of broccoli and cauliflower; green onions; beet, carrot, zucchini, and turnip sticks; green beans; snowpeas; rutabaga and kohlrabi wedges; whole cherry tomatoes and mushrooms; and a cucumber-yogurt dip.

Arrange tomato, cucumber, and onion slices on salad greens. Pour tart dressing over vegetables.

Quarter tomatoes leaving bottom intact. Spread quarters and stuff middle with coleslaw.

COLD-PLATE LUNCHES

Main-dish salads, cottage cheese, sliced lean roasted meats, and sliced cheeses may be served as part of a cold-plate lunch. The appearance of the plate affects acceptability of the lunch. Plan for contrasts in color, shape, texture, and flavor for appetizing plate lunches. Hot foods can be added to the menu in the form of soups and breads.

Use mixed vegetable and fruit salads to add interest to cold plates when serving sliced meats. Try a fruit bowl with a scoop of cottage cheese or make a chef's salad bowl with assorted greens and julienne or cubed lean meat for variety in cold lunches.

The following are suggested menu combinations for the main-dish salad recipes in this file:

COMBINATIONS FOR COLD-PLATE LUNCHES

- Ham-vegetable salad with brown bread and radish roses.
- Chicken waldorf salad with broiled cinnamon peaches and whole-wheat bread sticks.
- Turkey-macaroni salad served with crisp toasted rolls and green beans.
- Vegetable-cottage cheese salad with whole-wheat crackers and assorted melon slices.

Serving size: About 1 cup

CHICKEN-MACARONI SALAD

Ingredients	**100 servings**		**For ___ servings**	**Directions**
	Volume	**Weight**		
Cooked chicken, diced	2 gal	9 lb 8 oz	--------	1. Toss chicken, macaroni, and vegetables together lightly.
Macaroni, cooked, unsalted	4 gal	13 lb 12 oz	--------	
Onions, finely chopped	1-1/2 cups	9 oz	--------	
Pimientos, chopped	1-1/2 cups	12 oz	--------	
Celery, chopped	1 gal	4 lb 3 oz	--------	
Green peppers, finely chopped.	3 cups	1 lb	--------	
Salad dressing, mayonnaise-type.	2 qt	4 lb 4 oz	--------	2. Mix salad dressing, mustard, lemon juice, and salt.
Prepared mustard	1 cup	8-3/4 oz	--------	3. Gently stir into chicken-macaroni mixture. Chill.
Lemon juice	1-1/2 cups	----------------	--------	
Salt	2 Tbsp	----------------	--------	
Lettuce	100 small leaves.	----------------	--------	4. Portion onto crisp salad greens.

VARIATIONS

TURKEY-MACARONI SALAD: Use cooked turkey in place of chicken.

TUNA-MACARONI SALAD: Omit salt. Use 10 lb 8 oz water-pack tuna in place of chicken. Drain and flake tuna.

HAM-VEGETABLE SALAD

Serving size: About 1-1/4 cups

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Cooked ham, diced---------	2 gal---------	10 lb 4 oz-------	--------	1. Toss ham, lettuce, and other vegetables together lightly. Chill.
Head lettuce, 1-inch pieces.	4 gal---------	10 lb 8 oz-------	--------	
Frozen mixed vegetables, cooked.	--------------	12 lb-----------	--------	
Small onion rings---------	1 qt---------	1 lb------------	--------	
Celery, chopped-----------	1-1/2 qt------	1 lb 9 oz--------	--------	
Green pepper, finely chopped.	2 cups--------	10-1/2 oz--------	--------	
Oil----------------------	1 qt---------	1 lb 13-1/2 oz---	--------	2. Place oil, vinegar, pepper, mustard, and cloves in a jar with a tight fitting lid. Shake to mix. Chill.
Vinegar------------------	2 cups--------	----------------	--------	
Pepper-------------------	1 tsp---------	----------------	--------	
Prepared mustard----------	1/4 cup-------	2-1/4 oz---------	--------	
Ground cloves-------------	1 tsp---------	----------------	--------	
Salad greens--------------	100 small leaves.	----------------	--------	3. Just before serving, shake dressing again and pour over vegetables. Toss lightly. 4. Portion on crisp salad greens.

VARIATION

SALMON-VEGETABLE SALAD: Use 12 cans, 16 ounces each, salmon in place of ham. Drain and flake salmon; remove bones.

Serving size: About 1/2 cup

TURKEY WALDORF SALAD

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Cooked turkey, diced	2 gal	9 lb 8 oz	--------	1. Toss turkey, celery, apples, and nuts together lightly. Chill.
Celery, diced	3 qt	3 lb 4 oz	--------	
Apples, diced	3 qt	2 lb 14 oz	--------	
Walnuts, chopped	1 qt	1 lb 1 oz	--------	
Salt	1-1/3 Tbsp	----------------	--------	2. Mix salt, salad dressing, and lemon juice.
Salad dressing, mayonnaise-type.	1-1/2 qt	3 lb 3 oz	--------	3. Gently stir into turkey mixture. Chill.
Lemon juice	1/2 cup	----------------	--------	
Salad greens	100 small leaves.	----------------	--------	4. Portion with No. 8 scoop (1/2 cup) onto crisp salad greens.

VARIATION

CHICKEN WALDORF SALAD: Use cooked chicken in place of turkey.

VEGETABLE-COTTAGE CHEESE SALAD

Serving size: About 3/4 cup

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Carrots, shredded----------	1 gal---------	3 lb 14 oz-------	--------	1. Mix vegetables, pepper, and cottage cheese together lightly. Chill.
Onions, very finely chopped	3/4 cup-------	4-1/2 oz---------	--------	
Green peppers, very finely chopped.	1 qt----------	1 lb 5 oz--------	--------	
Celery, chopped------------	1 qt----------	1 lb 1 oz--------	--------	
Cucumbers, pared, chopped--	1 gal---------	5 lb------------	--------	
Pepper---------------------	1 Tbsp--------	----------------	--------	
Lowfat cottage cheese------	--------------	30 lb-----------	--------	
Salad greens---------------	100 small leaves.	----------------	--------	2. Portion onto crisp salad greens.

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APPLE-CABBAGE SLAW

Serving size: About 1/2 cup

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Sugar	1/2 cup	3-1/2 oz		1. Mix sugar, salt, pepper, and mustard; stir into salad dressing.
Salt	2 Tbsp			
Pepper	1/2 tsp			
Dry mustard	1-1/3 Tbsp			2. Add milk and 1/2 cup lemon juice.
Salad dressing, mayonnaise-type.	1 qt	2 lb 2 oz		3. Chill.
Skim milk	2 cups			
Lemon juice	1/2 cup			
Lemon juice	1/2 cup			4. Sprinkle 1/2 cup lemon juice over apples to prevent darkening.
Apples, thinly sliced	3 qt	2 lb 14 oz		
Cabbage, shredded	4 gal	10 lb 4 oz		
				5. Toss apples and cabbage together. Chill. 6. Just before serving, combine slaw and dressing. Toss lightly.

Serving size: About 1/4 cup

CRANBERRY-ORANGE RELISH

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Cranberries, as purchased--	--------------	4 lb-------------	--------	1. Wash fruit. Remove seeds from oranges and cores from apples. 2. Coarsely grind fruit.
Oranges, as purchased------	--------------	2 lb-------------	--------	
Apples, as purchased-------	--------------	4 lb-------------	--------	
Sugar----------------------	1-1/2 qt------	2 lb 9 oz--------	--------	3. Mix sugar with fruit. 4. Chill before serving.

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Serving size: About 1/2 cup

FRUIT SALAD

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Pineapple chunks in natural juice.	1 can, 106 oz-	-----------------	--------	1. Drain canned fruits. Dice pears.
Peach slices in light sirup.	1 can, 106 oz-	-----------------	--------	2. Mix fruits together gently. Chill.
Pear halves in light sirup-	1 can, 105 oz-	-----------------	--------	
Bananas, sliced------------	3 qt----------	3 lb 13 oz-------	--------	
Red grapes, halved, seeded-	3 qt----------	4 lb 3 oz--------	--------	
Dates, pitted, chopped-----	1 qt----------	1 lb 8 oz--------	--------	
Fruit salad dressing (Salads and Salad Dressings, page 134).	1 recipe (about 4-1/2 cups).	-----------------	--------	3. Just before serving, add dressing. Toss lightly.
Salad greens--------------	100 small leaves.	-----------------	--------	4. Portion with No. 8 scoop (1/2 cup) onto crisp salad greens.

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JELLIED CITRUS SALAD

Serving size: 1 piece, about 2 by 3/4 inches

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Grapefruit sections in light sirup.	12 cans, 16 oz each.	-----------------	--------	1. Drain grapefruit and orange sections. Save 1 gallon liquid.
Mandarin orange sections in light sirup.	12 cans, 11 oz each.	-----------------	--------	
Unflavored gelatin---------	16 envelopes, 1/4 oz each.	4 oz-------------	--------	2. Soften gelatin in 1 quart fruit liquid. Add sugar; stir into boiling water. Stir until gelatin and sugar are dissolved.
Fruit liquid---------------	1 qt----------	-----------------	--------	
Sugar----------------------	2 cups--------	14 oz------------	--------	
Boiling water--------------	1 gal---------	-----------------	--------	
Lemon juice----------------	2 cups--------	-----------------	--------	3. Add lemon juice and 3 quarts fruit liquid. Chill until mixture begins to thicken.
Fruit liquid---------------	3 qt----------	-----------------	--------	
Marachino cherries, cut in halves.	2 cups--------	12-1/2 oz--------	--------	4. Mix in grapefruit and orange sections and cherries. 5. Pour into 4 pans (about 12 by 20 inches), about 3-1/2 quarts or 7 pounds 11 ounces per pan. 6. Chill until set.
Salad greens--------------	100 small leaves.	-----------------	--------	7. Cut and serve on crisp salad greens.

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JELLIED VEGETABLE SALAD

Serving size: 1 piece, 2 by 3-3/4 inches

Ingredients	**100 servings**		**For ___ servings**	**Directions**
	Volume	**Weight**		
Unflavored gelatin	16 envelopes, 1/4 oz each.	4 oz	--------	1. Soften gelatin in cold water. Stir into boiling water. Stir until gelatin is dissolved.
Cold water	2 qt	----------------	--------	
Boiling water	1 gal	----------------	--------	2. Stir in salt, sugar, and lemon juice. Chill until mixture begins to thicken.
Salt	1-1/3 Tbsp	----------------	--------	
Sugar	3 cups	1 lb 4-1/2 oz	--------	
Lemon juice	1 qt	----------------	--------	
Celery, diced	1-1/4 gal	5 lb 8 oz	--------	3. Stir vegetables into gelatin mixture.
Green peppers, chopped	3 cups	1 lb	--------	
Cucumbers, pared, diced	3 qt	3 lb 13 oz	--------	4. Pour into 4 pans (about 12 by 20 inches), about 3 quarts or 6 pounds 12 ounces per pan. Chill until set.
Carrots, shredded	1 qt	15-1/2 oz	--------	
Onions, finely chopped	1/2 cup	3 oz	--------	
Salad greens	100 small leaves.	----------------	--------	5. Cut and serve on crisp salad greens.

Serving size: About 1/2 cup

POTATO SALAD

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Cold cooked potatoes, diced	2-1/2 gal	15 lb		1. Mix potatoes, celery, eggs, onions, salt, pepper, and dressing together lightly. 2. Chill at least 1 hour to blend flavors.
Celery, coarsely chopped	3 qt	3 lb 2 oz		
Hard-cooked eggs, coarsely chopped.	25 large	2 lb 12 oz		
Frozen chopped onions	1 qt	1 lb		
Salt	1/4 cup			
Pepper	1 tsp			
Salad dressing, mayonnaise-type.	1-1/2 qt	3 lb 3 oz		
Salad greens	100 small leaves.			3. Portion with No. 8 scoop (1/2 cup) onto crisp salad greens.

RAW VEGETABLE SALAD

Serving size: About 1 cup

Ingredients	**100 servings**		**For ___ servings**	**Directions**
	Volume	**Weight**		
Head lettuce, cut in 1-inch pieces.	2-1/2 gal	6 lb 8 oz	--------	1. Toss vegetables together lightly. Chill.
Spinach leaves, torn in pieces.	1 gal	1 lb 1 oz	--------	
Onions, thinly sliced	2 qt	2 lb	--------	
Green peppers, sliced	2 qt	1 lb 7 oz	--------	
Cucumbers, pared, diced	1 gal	5 lb	--------	
Carrots, coarsely shredded	2 qt	1 lb 15 oz	--------	
Oil	2 cups	14-1/2 oz	--------	2. Place oil, vinegar, and seasonings in a jar with a tight fitting lid. Shake to blend. Chill. 3. Just before serving, shake dressing and pour over vegetables. Toss lightly.
Vinegar	2 cups	----------------	--------	
Salt	1 Tbsp	----------------	--------	
Paprika	1 Tbsp	----------------	--------	

FRENCH DRESSING

Serving size: About 1 tablespoon

Ingredients	2 quarts		**For ___ servings**	**Directions**
	Volume	**Weight**		
Cornstarch-----------------	1/2 cup-------	2-1/2 oz---------	--------	1. Mix cornstarch, sugar, and water. 2. Cook, stirring constantly, until thickened. 3. Remove from heat. Cool slightly.
Sugar--------------------	3/4 cup-------	5-1/4 oz---------	--------	
Water--------------------	1-1/4 qt------	----------------	--------	
Vinegar------------------	1-1/2 cups----	----------------	--------	4. Mix in remaining ingredients. 5. Chill.
Oil----------------------	1-1/2 cups----	11 oz-----------	--------	
Salt---------------------	2 tsp---------	----------------	--------	
Dry mustard--------------	1 Tbsp--------	----------------	--------	
Paprika------------------	1 Tbsp--------	----------------	--------	
Onion juice--------------	1 tsp---------	----------------	--------	
Garlic powder------------	1/2 tsp-------	----------------	--------	

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FRUIT SALAD DRESSING

Serving size: 1 quart 1/2 cup

Salads and Salad Dressings

Ingredients	About 2 teaspoons		For ___ servings	Directions
	Volume	Weight		
Cornstarch	1/3 cup	1-1/2 oz	--------	1. Mix cornstarch, sugar, and pineapple juice.
Sugar	1/2 cup	3-1/2 oz	--------	
Pineapple juice, unsweetened.	3 cups	----------------	--------	2. Cook, stirring constantly, until thickened.
Neufchatel cheese	1 pkg, 8 oz	----------------	--------	3. Beat cheese with lemon juice until soft and creamy.
Lemon juice	1/2 cup	----------------	--------	4. Slowly add hot mixture to cheese mixture. Beat well. 5. Chill.

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SANDWICHES

CONTENTS

Page

Making sandwiches.......... 136
Sandwich filling suggestions.......... 137
Egg and cottage cheese sandwiches.......... 138
Fiesta hamburgers.......... 139
Fish salad sandwiches.......... 140
Hot turkey salad sandwiches.......... 141
  Hot chicken salad sandwiches.......... 141
Peanut butter-raisin sandwiches.......... 142

MAKING SANDWICHES

Special techniques are needed for making sandwiches in large numbers in the shortest time possible. A few hints are given below.

Prepare all ingredients before starting to assemble the sandwiches. Have lettuce and salad greens washed and thoroughly drained; tomatoes, cheese, or meats sliced and ready for use; and peanut butter at room temperature. Lettuce and other salad greens, bean sprouts, blended or whipped cottage cheese, and finely chopped or grated vegetables are good moisteners. Keep these ingredients and prepared fillings, such as egg salad, refrigerated until sandwiches are to be made. See pages 5 to 8 in General Information Section for pointers on keeping food safe to eat.

- Assemble equipment needed for making the sandwiches. Include equipment for spreading fillings, for cutting the sandwiches, and for wrapping, if desired.
- To assemble sandwiches, lay bread for bottom layer out in rows within easy reach. For example, lay out four rows of 5 slices each. Spread with filling or place slices of meat or cheese on bread. Add cottage cheese or other moistener between layers of meat, if desired. Add lettuce leaf or other salad greens. Top with remaining slices of bread. Stack and cut as desired.
- Place assembled sandwiches in sandwich bags or other wrappers or in pans with covers. Refrigerate until served. Make sandwiches on the day they are to be served.

SANDWICH FILLING SUGGESTIONS

Sandwiches may be served as the main dish or they may be served along with a hearty salad or soup. Fillings should be moist, but not wet. Try new fillings. Use a variety of breads such as whole wheat, rye, pumpernickel, french, brown bread, oatmeal, or pita. For a change, serve sandwiches open-face. For some different fillings, try these combinations.

Lowfat cottage cheese mixed with--
- Chopped drained unsweetened canned fruits, such as apricots, peaches, and pineapple.
- Chopped or shredded fresh fruits and vegetables, such as apples, cabbage, and celery.

Chopped cooked lean roast meat mixed with--
- Shredded cabbage, minced onion, cayenne, prepared mustard, and lowfat yogurt.
- Chopped vegetables, blended lowfat cottage cheese, chili powder, and dry mustard.

Chopped cooked poultry meat and--
- Raw shredded or sliced vegetables seasoned with a touch of french dressing in pita bread.

Partially mashed cooked dried beans flavored with--
- A thickened creole sauce.
- Chopped fresh tomatoes, minced onion, cumin, curry, and paprika.
- Chopped onion and parsley, garlic powder, rosemary, thyme, and pepper.
- Chopped cooked lean pork, celery, onions, and lowfat yogurt.

Flaked cooked fish mixed with--
- A thickened seasoned tomato sauce on hamburger roll.
- A little mayonnaise-type salad dressing, lemon juice, and dried dill.
- Prepared mustard, lemon juice, and parsley.

EGG AND COTTAGE CHEESE SANDWICHES

Serving size: 1 sandwich

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Eggs, hard-cooked, chopped	48 large	5 lb 4 oz		1. Mix all ingredients. Chill.
Lowfat cottage cheese		12 lb		
Celery, finely chopped	3 qt	3 lb 2 oz		
Onions, very finely chopped	1 cup	6 oz		
Prepared mustard	1/4 cup	2-1/4 oz		
Pepper	1 tsp			
Salad dressing, mayonnaise-type.	1 cup	8-1/2 oz		
Lemon juice	1/4 cup			
Sandwich bread	200 slices			2. Using No. 12 scoop (1/3 cup), portion egg mixture onto half of the bread slices. Spread to edges of bread. 3. Place lettuce on filling. Cover with remaining bread slices. 4. To serve, cut sandwiches as desired.
Lettuce	100 small leaves.			

FIESTA HAMBURGERS

Serving size: 1 sandwich

Sandwiches

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Kidney beans, drained	1 can, 108 oz	---	---	1. Lightly mix beans, eggs, beef, puree, onions, and seasonings. 2. Portion mixture using No. 10 scoop (3/8 cup); shape into patties. Place on sheet pans. 3. Bake at 350°F (moderate oven) 25 to 30 minutes or until done. Drain.
Eggs, beaten	12 large	1 lb 5 oz	---	
Ground beef	---	14 lb	---	
Tomato puree	1-1/2 cups	13 oz	---	
Frozen chopped onions	1 qt	1 lb	---	
Worcestershire sauce	1/3 cup	---	---	
Garlic powder	2 tsp	---	---	
Salt	1 Tbsp	---	---	
Chili powder	1/3 cup	---	---	
Hamburger rolls	100	---	---	4. Heat rolls. 5. Place cooked patties in rolls.

FISH SALAD SANDWICHES

Serving size: 1 sandwich

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Cod or other fish fillets, fresh or frozen.		12 lb		1. Add fish to boiling, salted water. Cook until fish flakes easily when tested with a fork. Drain. 2. Flake fish; remove any bones.
Salt	1-1/3 Tbsp			
Water, boiling	1 qt			
Green peppers, chopped	2 cups	10-1/2 oz		3. Lightly mix flaked fish with vegetables, seasonings, and salad dressing. Chill.
Onions, chopped	3 Tbsp			
Celery, chopped	1 qt	1 lb 1 oz		
Dried dill weed	1 Tbsp			
Dry mustard	1 Tbsp			
Paprika	1 Tbsp			
Salad dressing, mayonnaise-type.	1 qt			
Sandwich bread	200 slices			4. Using No. 16 scoop (1/4 cup), portion salad onto half the bread slices. Spread salad to edges of bread. Cover with remaining bread slices. 5. To serve, cut sandwiches as desired.

HOT TURKEY SALAD SANDWICHES

Serving size: 1 sandwich

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Cooked turkey, chopped	1-1/2 gal	7 lb 8 oz		1. Lightly mix turkey, onions, celery, and seasonings.
Frozen chopped onions	1 cup	4 oz		
Celery, chopped	1-1/2 qt	1 lb 9 oz		
Salt	2 Tbsp			
Pepper	1/2 tsp			
Marjoram leaves	2 tsp			
Rosemary leaves	2 tsp			
Process Cheddar cheese, shredded.	1-1/2 qt	1 lb 6 oz		2. Add cheese and salad dressing. Mix lightly.
Salad dressing, mayonnaise-type.	3 cups	1 lb 9-1/2 oz		
Hamburger rolls	100			3. Place bottom halves of rolls in pans or on trays. Using a No. 16 scoop (1/4 cup), portion filling onto each half roll. Cover with top halves. 4. Cover pans; heat at 350°F (moderate oven) 25 minutes or until filling is hot and cheese softened.

VARIATION

HOT CHICKEN SALAD SANDWICHES: Use cooked chicken in place of turkey.

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Serving size: 1 sandwich

PEANUT BUTTER-RAISIN SANDWICHES

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Peanut butter	3-1/2 qt	7 lb 12 oz	--------	1. Mix all ingredients thoroughly.
Raisins, chopped	1 gal	5 lb 12 oz	--------	
Carrots, shredded	2 qt	1 lb 15 oz	--------	
Celery, chopped	2 qt	2 lb 1-1/2 oz	--------	
Sandwich bread	200 slices	-----------------	--------	2. Using No. 16 scoop (1/4 cup), portion filling onto half the bread slices. Spread filling to edges of bread. Cover with remaining bread slices. 3. To serve cut sandwiches as desired.

SOUPS

CONTENTS

Page

Chicken-pimiento soup.......... 144
  Turkey-pimiento soup.......... 144
Golden squash soup.......... 145
Salmon chowder.......... 146
Split pea soup.......... 147
  Navy bean soup.......... 147
Vegetable soup.......... 148

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Serving size: 1 cup

CHICKEN-PIMIENTO SOUP

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Celery, chopped	1 gal	4 lb 3 oz	--------	1. Cook celery and onions in margarine until tender.
Frozen chopped onions	1 qt	1 lb	--------	
Margarine	3 cups	1 lb 8 oz	--------	
Flour	1-1/2 qt	1 lb 10-1/2 oz	--------	2. Stir flour and seasonings into the vegetable mixture.
Ground thyme	1 Tbsp	--------	--------	
Salt	1/4 cup	--------	--------	3. Gradually stir in broth. Cook, stirring constantly, until slightly thickened.
Pepper	1 Tbsp	--------	--------	
Skimmed chicken broth, heated.	3-1/4 gal	--------	--------	
Cooked chicken, chopped	3 qt	3 lb 13 oz	--------	4. Add chicken and continue cooking 15 minutes.
Hot skim milk	2 gal	--------	--------	5. Add milk, pimientos, and parsley. Heat to serving temperature.
Pimientos, chopped	1-1/4 cups	10 oz	--------	
Parsley, chopped	1/4 cup	--------	--------	

VARIATION

TURKEY-PIMIENTO SOUP: Use turkey broth and cooked turkey in place of chicken broth and chicken.

GOLDEN SQUASH SOUP

Serving size: 1 cup

Soups

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Frozen chopped onions------	2 qt----------	1 lb 15-1/2 oz---	--------	1. Cook onions and celery in margarine until tender. Stir in flour.
Celery, finely chopped-----	1 qt----------	1 lb 1 oz--------	--------	
Margarine------------------	2 cups--------	1 lb-------------	--------	
Flour----------------------	1 qt----------	1 lb 2 oz--------	--------	2. Gradually stir in milk. Cook, stirring constantly, until thickened.
Skim milk, heated----------	4-3/4 gal-----	-----------------	--------	
Salt-----------------------	1/3 cup-------	-----------------	--------	3. Add salt, pepper, curry powder, and squash.
Pepper---------------------	1 tsp---------	-----------------	--------	
Curry powder---------------	1 Tbsp--------	-----------------	--------	4. Heat to serving temperature.
Frozen winter squash, thawed.	--------------	12 lb 8 oz-------	--------	

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Serving size: 1 cup

SALMON CHOWDER

Ingredients	**100 servings**		**For ___ servings**	**Directions**
	Volume	**Weight**		
Salmon	8 cans, 16 oz each.			1. Drain salmon; save liquid. Break salmon into large pieces. Remove bones, if desired.
Frozen chopped onions	1 qt	1 lb		2. Cook onions, celery, and mushrooms in margarine until onions and celery are tender.
Celery, chopped	1 qt	1 lb 1 oz		
Mushroom stems and pieces, drained, chopped.	4 cans, 8 oz each.			
Margarine	3 cups	1 lb 8 oz		
Flour	1-1/2 qt	1 lb 10-1/2 oz		3. Stir in flour, salt, and pepper.
Salt	1/4 cup			
Pepper	2 tsp			4. Gradually stir in salmon liquid and milk. Cook, stirring constantly, until thickened. Add salmon. Heat to serving temperature.
Salmon liquid	3 cups			
Skim milk, heated	5 gal			
Parsley, chopped	1 cup			5. Stir in parsley.

SPLIT PEA SOUP

Serving size: 1 cup

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Boiling water	4 gal	--------	--------	1. Simmer all vegetables and seasonings 45 to 60 minutes until tender. 2. Remove bay leaves before serving.
Dry green split peas	--------	9 lb	--------	
Carrots, shredded	1 gal	3 lb 14 oz	--------	
Celery, chopped	2 qt	2 lb 1-1/2 oz	--------	
Potatoes, chopped	1 gal	5 lb 12 oz	--------	
Frozen chopped onions	3 qt	2 lb 15 oz	--------	
Salt	1/2 cup	5-1/4 oz	--------	
Bay leaves	8	--------	--------	
Pepper	1 tsp	--------	--------	

VARIATION

NAVY BEAN SOUP: Use dry Navy beans in place of peas. Increase water to 4-1/2 gal. Add beans to boiling water; boil 2 minutes. Remove from heat, cover, soak 1 hour or overnight in refrigerator. Simmer beans until tender, about 1 hour. Add remaining ingredients, simmer until vegetables are tender, about 45 minutes.

VEGETABLE SOUP

Serving size: 1 cup

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Turnips, diced	2 qt	2 lb 4 oz	--------	1. Add turnips, potatoes, carrots, celery, cabbage, onions, and seasonings to broth and water. 2. Simmer, covered, until vegetables are tender, about 25 minutes.
Potatoes, diced	1-1/4 gal	7 lb	--------	
Carrots, diced	2 qt	2 lb 9 oz	--------	
Celery, chopped	1 qt	1 lb 1 oz	--------	
Cabbage, shredded	2 qt	1 lb 4-1/2 oz	--------	
Frozen chopped onions	2 qt	1 lb 15-1/2 oz	--------	
Bay leaves (in cheese cloth bag).	8	----------------	--------	
Salt	1-1/3 Tbsp	----------------	--------	
Pepper	1 tsp	----------------	--------	
Condensed beef broth	12 cans, 10-1/2 oz each.	----------------	--------	
Water	1 gal	----------------	--------	
Tomatoes, crushed	3 cans, 102 oz each.	----------------	--------	3. Add tomatoes and heat to boiling.
Frozen green peas	--------------	5 lb	--------	4. Add peas; simmer until peas are tender and flavors are blended. 5. Remove bay leaves before serving.

SAUCES

CONTENTS

Page

Blueberry sauce 150
Brown gravy 151
Lemon vegetable sauce 152
Pineapple sauce 153
Tartar sauce 154
White sauce 155
  Thin 155
  Medium 155
  Thick 155

Serving size: About 1/4 cup

BLUEBERRY SAUCE

Ingredients	**100 servings**		**For ___ servings**	**Directions**
	Volume	**Weight**		
Cornstarch------------------ Sugar------------------------ Water------------------------ Frozen unsweetened blueberries.	1-1/3 cups---- 1-1/3 cups---- 3 qt---------- 1 gal----------	6 oz------------- 9-1/4 oz--------- ----------------- 5 lb 8 oz--------	-------- -------- -------- --------	1. Mix cornstarch and sugar. Add water; mix until smooth. 2. Add blueberries. Cook, stirring constantly, until thickened.
Frozen lemon juice---------	1 cup----------	-----------------	--------	3. Stir in lemon juice. 4. Serve warm or cool over plain cake or pancakes.

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BROWN GRAVY

Serving size: About 2 tablespoons

Sauces

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Margarine	1 cup	8 oz	--------	1. Melt margarine; stir in flour and spices.
Flour	2-1/2 cups	11 oz	--------	
Onion powder	1-1/2 tsp	----------------	--------	2. Cook, stirring occasionally, until mixture is lightly browned.
Salt	1 tsp	----------------	--------	
Pepper	1/2 teaspoon	----------------	--------	
Ground marjoram	2 tsp	----------------	--------	
Ground thyme	1/2 tsp	----------------	--------	
Beef broth, unsalted, hot	3 qt	----------------	-------	3. Gradually stir in broth; cook, stirring constantly, until thickened.

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Serving size: About 1 tablespoon

LEMON VEGETABLE SAUCE

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Margarine	1 cup	8 oz		1. Melt margarine; stir in flour and seasonings.
Flour	3/4 cup	3-1/4 oz		
Salt	1-1/2 tsp			2. Gradually stir in water. Cook, stirring constantly, until thickened.
Pepper	1/4 tsp			
Boiling water	1-1/4 qt			
Frozen lemon juice, thawed	3/8 cup			3. Mix in lemon juice. 4. Serve over cooked vegetables.

Serving size: About 1/4 cup

PINEAPPLE SAUCE

Sauces

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Cornstarch	3/4 cup	3-1/4 oz	--------	1. Mix cornstarch and sugar. Add pineapple juice; mix until smooth.
Sugar	1 cup	7 oz	--------	
Unsweetened pineapple juice.	1 can, 46 fl. oz.	----------------	--------	2. Add pineapple. Cook, stirring constantly, until thickened.
Crushed pineapple in natural juice.	8 cans, 20 oz each.	----------------	--------	
Lemon juice	1 cup	----------------	--------	3. Stir in lemon juice. 4. Serve warm or cool over plain cake or pancakes.

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Serving size: 2 tablespoons

TARTAR SAUCE

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Salad dressing, mayonnaise-type.	2 qt----------	4 lb 4 oz--------	--------	1. Mix all ingredients. Chill. 2. Serve with fish or shellfish.
Sweet pickle relish--------	3-1/2 cups----	1 lb 14-1/2 oz---	--------	
Onions, finely chopped-----	2 cups--------	12 oz------------	--------	
Parsley, chopped-----------	2 cups--------	-----------------	--------	

WHITE SAUCE

Ingredients	1 gallon		For ___ servings	Directions
	Volume	Weight		
Thin				
Margarine	1/2 cup	4 oz	--------	1. Melt margarine; stir in flour and salt.
Flour	1 cup	4-1/2 oz	--------	
Salt	2 tsp	----------------	--------	2. Gradually stir in milk.
Hot skim milk	1 gal	----------------	--------	3. Cook, stirring constantly, until thickened.
Medium				
Margarine	1 cup	8 oz	--------	Same procedure as for thin white sauce.
Flour	2 cups	9 oz	--------	
Salt	2 tsp	----------------	--------	
Hot skim milk	1 gal	----------------	--------	
Thick				
Margarine	1-1/2 cups	12 oz	--------	Same procedure as for thin white sauce.
Flour	3 cups	13-1/2 oz	--------	
Salt	2 tsp	----------------	--------	
Hot skim milk	1 gal	----------------	--------	

VEGETABLES

CONTENTS

	Page
Preparing fresh vegetables for cooking or serving raw	157
Vegetable serving suggestions	159
Vegetable mixtures	161
Boiling and steaming fresh and frozen vegetables	162
Preparing canned vegetables	167
Baked onions	168
Beets with orange sauce	169
Broccoli and onions au gratin	170
Creole celery	171
Herb-seasoned spinach	172
Lemon-parsley carrots	173
Mashed potatoes	174
Mexican corn	175
Pineapple squash	176
Savory potatoes	177
Seasoned green beans	178
Seasoned summer squash	179
Sweetpotato puff	180
Vegetable medley	181

PREPARING FRESH VEGETABLES FOR COOKING OR SERVING RAW

Prepare fresh vegetables for cooking or serving raw as shown below. The amount to buy of a vegetable will differ with the way it is to be used. Refer to the food buying publications (14 and 15) on page 21 of the General Information Section to determine amount to buy for your use.

DIRECTIONS FOR PREPARING VEGETABLES

Asparagus--Break off tough stalk ends. Wash. Cut if desired.

Beans or peas, blackeye--Shell. (Scald pods to make shelling easier.) Wash.

Beans, green or wax--Wash. Trim ends; remove any strings. Cut or break into 1-inch pieces.

Beans, lima--Shell. (Scald pods to make shelling easier.) Wash.

Beet greens--Wash thoroughly.[1] Sort; cut off tough stems.

Beets--Remove tops, leaving a 2-inch stem. Wash. Do not pare or remove roots until beets are cooked.

Broccoli[2]--Cut off touch stalk ends. Wash. Cut broccoli stocks lengthwise, if thick, to speed cooking or cut broccoli into 1-inch pieces.

Brussels sprouts[2]--Remove discolored outer leaves. Wash.

Cabbage--Remove discolored outer leaves. Wash. Quarter and remove core. Cut into wedges or shred as desired.

Carrots--Wash. Pare or scrape. Cut or shred as desired.

Cauliflower[2]--Remove tough outer leaves and tough part of core. Break into flowerets. Wash.

See footnotes on back of page.

Celery--Trim. Wash. Cut as desired.

Chard--Wash thoroughly.[1] Sort; cut off tough stems.

Collards--Wash thoroughly.[1] Sort; strip leaves from tough stems.

Corn on cob--Husk; remove silks with stiff brush. Wash; drain (do not allow to stand in water).

Eggplant--Wash. Pare and cut into pieces or slices.

Kale--Wash thoroughly.[1] Sort; strip leaves from tough stems.

Mustard greens--Wash thoroughly.[1] Sort; cut off tough stems.

Okra--Wash. Remove stem ends. Cut large pods into pieces.

Onions, mature--Peel; wash. Quarter, if large, or cut as desired.

Parsnips--Wash. Pare. Quarter lengthwise or cut as desired.

Peas, green--Shell. (Scald pods to make shelling easier.) Wash.

Potatoes--Scrub. Cook in skins or pare and remove eyes. Cut large potatoes to serving size.

(over)

Pumpkin--Wash. Cut in half; remove seeds, fiber, and peel. Cut into pieces. (If peel is hard and tough, soften by steaming or boiling 10 minutes.

Rutabagas--Wash. Pare and cut as desired.

Soybeans, green--Shell. (Scald with boiling water and let stand 5 minutes. Drain and cool. Break the pods crosswise and remove the beans.)

Spinach--Wash thoroughly.[1] Sort; cut off tough stems.

Squash, summer--Wash. Trim ends and cut as desired.

Squash, winter--Wash. Cut in half; remove seeds, fiber, and peel. Cut into pieces. (If peel is hard and tough, soften by steaming or boiling for 10 minutes.)

Sweetpotatoes--Scrub. Sort for size. Cook in jackets.

Turnip greens--Wash thoroughly.[1] Sort; cut off tough stems.

Turnips--Wash. Pare and cut as desired.

---

[1] Wash leafy green vegetables several times in plenty of water; lift vegetables from water.

[2] Soak in cold salt water for 30 minutes to remove insects if any are present. Rinse well.

VEGETABLE SERVING SUGGESTIONS

The natural flavor of vegetables can be enhanced by using herbs, spices, and other seasonings or by combining with a fruit or vegetable of contrasting color, flavor, or texture. The suggestions below are a start to the many ways vegetables can be made more appealing.

Asparagus--Serve with lemon vegetable sauce (Sauces, page 152); or garnish with pimiento strips.

Beans, green or wax--Cook with onions, or combine with cauliflower, parsley, or pimiento; season with caraway, dill, or sage.

Beans, lima--Cook in chicken broth lightly seasoned with curry or sage; or combine with celery, corn, kidney beans, and zucchini.

Beets--Serve with chopped greens; season lightly with caraway, cinnamon, cloves, or dill; or combine with unsweetened canned pineapple.

Broccoli--Combine with mushrooms; flavor with vinegar; season with marjoram; or serve with lemon vegetable sauce (Sauces, page 152).

Brussels sprouts--Season with basal, caraway, or sage; or marinate in a light french dressing and serve cold.

Cabbage--Combine with celery, pearl onions, and tomatoes; flavor with vinegar; or season with basil, caraway, celery seed, dill, curry, or mustard seed.

Carrots--Stir-fry thin strips with pea pods, add water chestnuts; or season with cooked onion slices, chives, mint, basal, caraway, celery salt, cloves, marjoram, thyme, or lemon juice.

Cauliflower--Combine with green peas or beans; or season with caraway, celery salt, dill, mace, marjoram, rosemary, or tarragon.

Celery--Cook in chicken or beef broth; combine with onions or cabbage; or season with curry, celery seed, dill, ginger, red pepper, lemon juice, or nutmeg.

Chard--Season with cooked onions and marjoram.

Collards--Add minced garlic, chopped celery, and a dash of red pepper to cooking water.

Corn--Season with cooked green peppers, pimientos, and chili powder.

Eggplant--Season with basal, chili powder, oregano, or sage and add tomato puree.

Greens--Flavor with a little vinegar or lemon juice and toss with cooked sliced mushrooms.

Mixed vegetables--Marinate and serve chilled in red leaf lettuce cups.

Okra--Serve in a spicy creole sauce; or flavor with lemon juice or vinegar.

Onions--Add mushrooms and sage.

Peas, green--Serve with small new potatoes, pearl onions, and/or turnips; add lightly cooked or canned mushrooms; or season with basal, mint, marjoram, or oregano.

(over)

Potatoes--Combine with a colorful raw vegetable such as shredded carrots, diced cucumbers, or green peppers, sliced green onions or radishes in a salad or season with lemon vegetable sauce (Sauces, page 152.)

Spinach--Season with cooked onions or basal, marjoram, mint, nutmeg, or rosemary.

Squash, summer--Cook in broth or season with cooked onions or chives.

Squash, winter--Mash and season with allspice, cardamon, nutmeg, orange juice, orange rind, or drained canned fruit.

Sweetpotatoes--Mash and season with allspice, cardamon, cinnamon, cloves, orange juice, orange rind, or bananas.

Tomatoes--Add seasoned croutons, celery seed, cloves, oregano, sage, or parsley.

Turnips--Dice and serve in a medley with diced carrots and green peas; or season with caraway or rosemary.

Zucchini--Combine with cherry tomatoes, green beans, green peppers, and lima beans, and garnish with chives; or season with tomato puree, caraway, marjoram, or oregano.

VEGETABLE MIXTURES

Add variety to vegetables--mix several kinds for color, texture, and flavor interest.

Raw vegetables may be cooked, marinated, and served as salad. Other vegetables may be boiled or steamed to "tender, crisp" texture and served as a cooked vegetable. Several kinds of loose-pack frozen vegetables can be mixed, or fresh and canned forms can be added to cooked frozen vegetables for variety.

Page 157 of the Vegetable Section suggests preparation procedures for fresh vegetables; pages 162 to 166 give cooking times for fresh and frozen, and pages 159 to 160, seasoning suggestions. Mixtures may include combinations such as:

Broccoli, carrots, cauliflower
Cabbage, tomatoes, onions
Carrots, green beans, mushrooms, zucchini
Cauliflower, green peas
Cauliflower, green and red peppers
Corn, celery, onions
Corn, kidney beans, onions, green and red peppers
Eggplant, Italian green beans, plum tomatoes, zucchini
Green beans and red peppers
Green beans, broccoli, mushrooms, and onions
Green peas, zucchini, green beans, carrots, and onions
Green, wax, kidney, and lima beans, peas and carrots
Kidney, green and wax beans, onions, and red and green peppers
Okra, corn, tomatoes, green peppers, onions
Parsnips, carrots, potatoes
Red cabbage and bean sprouts
Three- or four-bean salad (vary the kinds used for added interest. For example, try a combination of any of these: green, wax, green soy, green lima, great northern, kidney, or chickpeas.)
Wax beans, carrots, onions
Zucchini, cauliflower, carrots, Italian green beans, onions, and green peppers
Zucchini, eggplant, tomatoes, green peppers, onions

BOILING AND STEAMING FRESH AND FROZEN VEGETABLES

Boiling and steaming are the most frequently used methods of cooking fresh and frozen vegetables in quantity. Directions for preparing fresh vegetables for cooking are in the Vegetable Section, page 157. Solid-pack frozen vegetables, such as spinach, should be thawed long enough to break into pieces. Broccoli spears will cook more uniformly if they are partly thawed. Loosely packed frozen vegetables can be cooked without thawing.

Cook vegetables only until tender crisp; they may continue to cook when held on a hot steam table or in a holding cabinet. Vegetables will become overcooked if held too long; cook in batches of a size that can be served in a short time.

DIRECTIONS FOR COOKING

Boiling

1. Add prepared fresh or frozen vegetable to boiling salted water. Use 1 teaspoon salt for each 100 servings of vegetable. Cook in steam-jacketed kettle or covered stockpot using timetable starting on page 163 as a guide to cooking time after the water returns to boiling.
2. Drain cooked vegetables and place in serving pans. Season as suggested in the Vegetable Section, pages 159 to 160.
3. Serve.

Steaming

1. Place prepared fresh vegetable or a single layer of frozen vegetables in 2-inch deep steamer pans. Steam uncovered in a compartment steamer using timetable on this page as a guide to steaming at 5 pounds pressure. Use manufacturer's timetable when using steamers operating at other pressures.
2. Drain cooked vegetables and place in serving pans. If desired, sprinkle 1 teaspoon salt over each 100 servings. Season as suggested in the Vegetable Section, pages 159 to 160.
3. Serve.

Boiling and Steaming Fresh and Frozen Vegetables--Continued

Timetable for Boiling and Steaming Fresh and Frozen Vegetables

Prepared vegetable[1]	Fresh or Frozen	For 100 servings, 3 ounces (1/3 to 1/2 cup) each			
		Boiling			Steaming
		Amount to purchase	Amount of water	Cooking time after water boils	Time at 5 pounds pressure
		Pounds	Quarts	Minutes	Minutes
Asparagus:					
Spears	Fresh	37-1/2	6	10 to 25	7 to 10
Cuts and tips	Frozen	24	3-1/2	7 to 10	5 to 10
Beans or peas, blackeye	Fresh	39-1/2	5	30 to 45	20 to 40
	Frozen	17-3/4	3-1/2	25 to 30	15 to 25
Beans, green or wax, cut	Fresh	25-1/2	5	15 to 30	20 to 30
	Frozen	21	2	10 to 20	10 to 15
Beans, lima	Fresh	42-1/4	5	15 to 25	15 to 20
Baby	Frozen	18	3	12 to 15	10 to 15
Fordhook	Frozen	18	3	6 to 12	12 to 20
Beet greens	Fresh	46-3/4	Water on leaves	15 to 25	15 to 25
Beets, whole	Fresh	33-3/4	To cover	45 to 60	60 to 75
Broccoli:					
Spears	Fresh	28-1/2	6	10 to 20	7 to 10
	Frozen	21-1/2	3	10 to 15	5 to 10
Cut or chopped	Frozen	23-1/2	3-1/4	8 to 20	10 to 20
Brussels sprouts	Fresh	22-3/4	12	10 to 20	5 to 12
	Frozen	19-1/2	3	10 to 15	5 to 10

See footnote on page 166.

(over)

Timetable for Boiling and Steaming Fresh and Frozen Vegetables--Continued

Prepared vegetable[1]	Fresh or Frozen	For 100 servings, 3 ounces (1/3 to 1/2 cup) each			
		Boiling			Steaming
		Amount to purchase	Amount of water	Cooking time after water boils	Time at 5 pounds pressure
		Pounds	Quarts	Minutes	Minutes
Cabbage (green and red):					
Shredded	Fresh	23-3/4	4	10 to 15	5 to 12
Wedges	Fresh	25	4	15 to 20	12 to 20
Carrots:					
Whole	Fresh	29-1/2	4	20 to 30	15 to 30
Sliced	Fresh	31-1/4	4	10 to 20	15 to 30
	Frozen	21-1/2	2	8 to 10	3 to 5
Cauliflower, flowerets	Fresh	49-1/2	12	15 to 20	8 to 12
	Frozen	20-1/2	3	10 to 12	4 to 5
Celery, 1-inch pieces	Fresh	28	8	15 to 20	10 to 15
Chard	Fresh	28	Water on leaves	15 to 25	15 to 25
Collard greens	Fresh	22-1/4	8	20 to 40	15 to 30
	Frozen	21-1/2	3-1/2	30 to 40	20 to 40
Corn:					
On-cob	Fresh	About 44 (100 ears)	10	5 to 15	8 to 10
Whole kernel	Frozen	19-3/4	3	5 to 10	5 to 10
Eggplant, pieces or slices	Fresh	25	6	15 to 20	10 to 15

See footnote on page 166.

Timetable for Boiling and Steaming Fresh and Frozen Vegetables--Continued

Prepared vegetable[1]	Fresh or Frozen	For 100 servings, 3 ounces (1/3 to 1/2 cup) each			
		Boiling			Steaming
		Amount to purchase	Amount of water	Cooking time after water boils	Time at 5 pounds pressure
		Pounds	Quarts	Minutes	Minutes
Kale	Fresh	25-1/4	6	25 to 45	15 to 35
	Frozen	24-3/4	4	20 to 30	15 to 30
Mustard greens	Fresh	21-3/4	Water on leaves	15 to 25	15 to 25
Chopped	Frozen	20-3/4	4	20 to 30	15 to 20
Okra:					
Whole	Fresh	19-3/4	4	10 to 15	8 to 15
	Frozen	20-3/4	3	3 to 5	3 to 5
Onions:					
Mature, quartered if large	Fresh	24	12	20 to 35	20 to 35
Parsnips, 3-inch pieces	Fresh	26	10	20 to 30	15 to 20
Peas and carrots	Frozen	19	2	8 to 10	3 to 5
Peas, green	Fresh	51-1/4	4	10 to 20	10 to 20
Shelled	Frozen	20-1/4	2	5 to 10	3 to 5
Potatoes:					
Pared, whole	Fresh	22	10	30 to 40	30 to 45
Rutabagas, 1-inch cubes	Fresh	28	6	20 to 30	15 to 30
Soybeans, green	Fresh	35	4	10 to 20	-------
Spinach, leaf	Fresh	30-3/4	Water on leaves	10 to 20	4 to 8
	Frozen	28	2-1/4	5 to 10	5 to 10

See footnote on page 166.

(over)

Timetable for Boiling and Steaming Fresh and Frozen Vegetables--Continued

Prepared vegetable[1]	Fresh or Frozen	For 100 servings, 3 ounces (1/3 to 1/2 cup) each			
		Boiling			Steaming
		Amount to purchase	Amount of water	Cooking time after water boils	Time at 5 pounds pressure
		Pounds	Quarts	Minutes	Minutes
Squash, summer, sliced	Fresh	23-3/4	4	10 to 20	8 to 20
	Frozen	26-1/2	2	5 to 10	5 to 10
Squash, winter:					
Butternut, pieces	Fresh	25	10	15 to 30	15 to 20
Mashed	Frozen	20	---------	---------	20 to 25 (covered)
Succotash	Frozen	18-3/4	3-1/2	6 to 15	12 to 20
Sweetpotatoes:					
Whole	Fresh	21-1/2	10	30 to 45	20 to 40
Turnip greens	Fresh	36	Water on leaves	15 to 25	15 to 25
Chopped	Frozen	22-3/4	4	20 to 30	15 to 20
Turnips, 1-inch cubes	Fresh	24	6	15 to 20	10 to 15
Vegetables, mixed	Frozen	22-1/4	2	12 to 20	12 to 20

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[1] See Vegetables, pages 157 to 158.

PREPARING CANNED VEGETABLES

Canned vegetables should be heated only to serving temperature and served soon after they are heated. Canned vegetables will become overcooked when held too long in a hot steamtable or holding cabinet. Refer to food buying publications (14 and 15) on page 21 of General Information to determine amount to buy for your use.

DIRECTIONS FOR HEATING CANNED VEGETABLES

Heating in Stock Pot or Steam-Jacketed Kettle

1. Drain off half the liquid; save for use in soups and gravies.
2. Pour remaining liquid and vegetables into stock pot or steam-jacketed kettle. Heat only long enough to bring to serving temperature.
3. Drain vegetables and place in serving pans. See suggestions for seasoning on page 159 of Vegetable Section.

Heating in Steamer

1. Drain off half the liquid; save for use in soups and gravies.
2. Pour remaining liquid and vegetables into serving pans. Cover pans.
3. Heat in steamer at 5 pounds pressure about 3 minutes or just long enough to bring to serving temperature. Or follow manufacturer's directions for steamers operated at different pressures.
4. Drain vegetables. See suggestions for seasoning on page 159 of Vegetable Section.

Serving size: About 1/2 cup

BAKED ONIONS

Vegetables

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Medium-sized yellow onions-	--------------	30 lb------------	--------	1. Peel onions; cut in halves. Put into 4 baking pans (about 12 by 20 inches), 6 pounds 12 ounces per pan.
Salt---------------------- Paprika-------------------- Pepper---------------------	2 Tbsp-------- 3 Tbsp-------- 1 tsp---------	----------------- ----------------- -----------------	-------- -------- --------	2. Mix salt, paprika, and pepper. sprinkle over onions.
Boiling water--------------	2 cups--------	-----------------	--------	3. Pour 1/2 cup boiling water in each pan. 4. Cover pans and bake at 375°F (moderate oven) about 1 hour or until onions are tender. 5. Remove covers and bake about 15 minutes longer or until lightly browned.

Serving size: 1/2 cup

BEETS WITH ORANGE SAUCE

Vegetables

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Cornstarch	2 cups	8-3/4 oz		1. Mix cornstarch and sugar. Stir in orange juice concentrate and water. 2. Cook, stirring constantly, until thickened.
Sugar	3 cups	1 lb 5 oz		
Frozen orange juice concentrate, thawed.	2 cans, 12 oz each.			
Water	2-1/2 qt			
Lemon juice	2 cups			3. Stir in lemon juice.
Sliced beets	5 cans, 104 oz each.			4. Drain beets. 5. Pour sauce over beets. Heat to serving temperature.

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Serving size: About 1/2 cup

BROCCOLI AND ONIONS AU GRATIN

Vegetables

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Frozen broccoli spears		20 lb		1. Cook broccoli and onions in boiling salted water until tender. Drain. 2. Place cooked vegetables in 4 baking pans (about 12 by 20 inches), about 5 pounds per pan.
Frozen pearl onions	3 qt	3 lb 9 oz		
Boiling water	2 qt			
Salt	3 Tbsp			
Margarine	1 cup	8 oz		3. Melt margarine; stir in and pepper. Gradually stir in milk. Cook, stirring constantly, until thickened. 4. Pour sauce over vegetables, about 4-1/4 cups or 2 pounds 4 ounces per pan.
Flour	2 cups	9 oz		
White pepper	1 tsp			
Skim milk	1 gal			
Cheddar cheese, shredded	1 qt	14 oz		5. Sprinkle cheese over sauce and vegetables. 6. Bake at 350°F (moderate oven) 15 minutes or until cheese is melted and lightly browned.

CREOLE CELERY

Serving size: About 1/2 cup

Vegetables

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Celery, diced--------------	4-1/2 gal-----	19 lb 4 oz-------	--------	1. Mix all ingredients. Cook, uncovered, until celery is tender, about 45 minutes.
Frozen chopped onions------	1-1/2 qt------	1 lb 7-1/2 oz----	--------	
Frozen chopped green peppers.	1-1/2 qt------	1 lb 14 oz-------	--------	
Tomatoes-------------------	6 cans, 28 oz each.	-----------------	--------	
Salt-----------------------	2 Tbsp--------	-----------------	--------	

HERB-SEASONED SPINACH CASSEROLE

Serving size: 1/2 cup

Vegetables

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Frozen chopped spinach		24 lb		1. Cook spinach in boiling salted water until tender. Drain. 2. Place cooked drained spinach in 4 baking pans (about 12 by 20 inches), about 2 quarts or 4 pounds per pan.
Boiling water	2 qt			
Salt	2-2/3 Tbsp			
Margarine	1 cup	8 oz		3. Melt margarine; stir in flour and mustard. 4. Gradually stir in milk. Cook, stirring constantly, until thickened. 5. Add cheese. Stir until cheese is melted. 6. Pour sauce over spinach, about 4-1/2 cups per pan.
Flour	2 cups	9 oz		
Dry mustard	2 tsp			
Skim milk	1 gal			
Sharp Cheddar cheese, shredded.	1 qt	14 oz		
Fine dry breadcrumbs	2 cups	7-1/2 oz		7. Mix breadcrumbs, marjoram, basil, and melted margarine. 8. Sprinkle over spinach and sauce, about 3/4 cup per pan. 9. Bake at 350°F (moderate oven) 25 minutes or until bread crumbs are lightly browned.
Marjoram leaves	1-1/3 Tbsp			
Basil leaves	1-1/3 Tbsp			
Margarine, melted	1/4 cup	2 oz		

Serving size: About 1/2 cup

LEMON PARSLEY CARROTS

Vegetables

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Frozen sliced carrots------	--------------	20 lb-----------	--------	1. Cook carrots and onions in boiling salted water until carrots are tender, about 10 minutes. Drain.
Frozen chopped onions------	1 qt----------	1 lb------------	--------	
Boiling water--------------	2 qt----------	----------------	--------	
Salt-----------------------	1/4 cup-------	----------------	--------	
Lemon juice----------------	2 cups--------	----------------	--------	2. Heat lemon juice and margarine to boiling. Stir in parsley.
Margarine------------------	1 cup---------	8 oz------------	--------	
Parsley, chopped------- ---	1/2 cup-------	----------------	--------	3. Pour lemon juice mixture over carrots and onions. Stir gently.

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MASHED POTATOES

Serving size: About 1/2 cup

Vegetables

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Potatoes, pared------------	--------------	23 lb 8 oz-------	--------	1. Boil potatoes until tender. Drain. 2. Mash potatoes in mixer until smooth.
Skim milk, heated----------	1 to 1-3/4 qt-	-----------------	--------	3. Gradually add enough milk to moisten. Add salt and margarine. Mix well. 4. Mix on high speed until potatoes are light and fluffy.
Salt----------------------	2 Tbsp--------	-----------------	--------	
Margarine-----------------	2 cups--------	1 lb-------------	--------	

MEXICAN CORN

Serving size: About 1/2 cup

Vegetables

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Frozen chopped onions------	1 qt----------	1 lb------------	--------	1. Cook onions and green peppers in margarine until tender.
Frozen chopped green peppers.	1 qt----------	1 lb 4 oz--------	--------	2. Add pimientos and chili powder.
Margarine------------------	1 cup---------	8 oz------------	--------	
Pimientos, chopped---------	1 cup---------	8 oz------------	--------	
Chili powder---------------	3 Tbsp--------	----------------	--------	
Whole kernel corn----------	4 cans, 106 oz each.	----------------	--------	3. Heat corn to boiling. Boil gently 5 minutes. Drain. 4. Stir onion mixture into hot drained corn. Mix well.

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Serving size: About 1/2 cup

PINEAPPLE SQUASH

Vegetables

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Frozen winter squash, thawed.	--------------	25 lb------------	--------	1. Mix squash, margarine, salt, pineapple, and orange rind.
Margarine, melted----------	2 cups--------	1 lb-------------	--------	2. Pour into 4 baking pans (about 12 by 20 inches), about 4 quarts or 9 pounds per pan.
Salt----------------------	1/4 cup-------	-----------------	--------	
Crushed pineapple in natural juice.	8 cans, 20 oz each.	-----------------	--------	
Orange rind, grated--------	3 Tbsp--------	-----------------	--------	
Nutmeg--------------------	2 tsp---------	-----------------	--------	3. Sprinkle nutmeg over squash mixture. 4. Bake at 350°F (moderate oven) 45 minutes or until bubbly at edges and center is hot.

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Serving size: 1/2 cup

SAVORY POTATOES

Vegetables

Ingredients	**100 servings**		**For ___ servings**	**Directions**
	Volume	**Weight**		
Margarine	1 cup	8 oz	--------	1. Melt margarine; add seasonings and lemon juice. 2. Let stand 30 minutes to blend flavors.
Garlic powder	1 tsp	--------	--------	
Thyme	2 tsp	--------	--------	
Rosemary, crushed	2 tsp	--------	--------	
Dry mustard	1/2 tsp	--------	--------	
Dehydrated parsley flakes	2 Tbsp	--------	--------	
Pepper	1/2 tsp	--------	--------	
Lemon juice	2 Tbsp	--------	--------	
Potatoes, pared, diced	3 gal	17 lb	--------	3. Cook potatoes in boiling salted water until tender, about 10 minutes. Drain. 4. Reheat seasoned fat. Pour over hot potatoes.
Boiling water	2 gal	--------	--------	
Salt	3 Tbsp	--------	--------	

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Serving size: About 1/2 cup

SEASONED GREEN BEANS

Vegetables

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Frozen french-style green beans.		20 lb		1. Cook beans, celery, and onions, in boiling salted water until beans are tender, about 15 minutes. Drain.
Celery, chopped	3 qt	3 lb 2 oz		
Frozen chopped onions	1-1/2 qt	1 lb 7-1/2 oz		
Boiling water	1-1/2 qt			
Salt	1/4 cup			
Pimientos, chopped	2 cups	1 lb		2. Add remaining ingredients; toss lightly to mix.
Vinegar	2 cups			
Dill seed	2 Tbsp			
Pepper	1 Tbsp			
Margarine	1 cup	8 oz		

SEASONED SUMMER SQUASH

Serving size: About 1/3 cup

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Margarine	1 cup	8 oz	--------	1. Melt margarine; add squash, onions, and seasonings.
Yellow summer squash, sliced.	7 gal	29 lb 12 oz	--------	2. Cover and cook about 20 minutes or until squash is tender. Drain.
Frozen chopped onions	3 qt	2 lb 15 oz	--------	
Salt	1/4 cup	----------------	--------	
Pepper	1 tsp	----------------	--------	
Basil leaves	2 Tbsp	----------------	--------	
Oregano leaves	2 Tbsp	----------------	--------	
Garlic powder	1/2 tsp	----------------	--------	
Parsley, chopped	1/2 cup	----------------	--------	3. Stir in chopped parsley.

SWEETPOTATO PUFF

Serving size: About 1/2 cup

Vegetables

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Sweetpotatoes in light sirup.	4 cans, 102 oz each.			1. Drain sweetpotatoes. Save 1 quart liquid. 2. Mash sweetpotatoes in mixer until smooth.
Sweetpotato liquid	1 qt			3. Add sweetpotato liquid, margarine, orange juice, rind, salt, and nutmeg. Mix well. 4. Beat in egg yolks.
Margarine, melted	2 cups	1 lb		
Orange juice	2 qt			
Orange rind, grated	1/4 cup			
Salt	2 Tbsp			
Nutmeg	1-1/3 Tbsp			
Egg yolks, beaten	24 large	14-1/2 oz		
Egg whites, stiffly beaten	24 large	1 lb 12 oz		5. Gently fold egg whites into sweetpotato mixture. 6. Pour into 2 greased pans (about 12 by 20 inches). 7. Bake at 350°F (moderate oven) 60 to 70 minutes until set in the center and top is slightly browned.

VEGETABLE MEDLEY

Serving size: About 1/2 cup

Vegetables

Ingredients	100 servings		For ___ servings	Directions
	Volume	Weight		
Frozen green peas, thawed		7 lb 8 oz		1. Cook vegetables in boiling water until tender, about 10 minutes.
Frozen sliced carrots, thawed.		5 lb		
Frozen cut green beans, thawed.		5 lb		2. Drain vegetables; save cooking liquid.
Frozen cauliflower, thawed		5 lb		
Boiling water	2 qt			
Salt	3 Tbsp			3. Add salt and margarine to vegetable liquid and water. Heat to boiling.
Margarine	1-1/2 cups	12 oz		
Hot vegetable liquid and water.	2 qt			4. Mix cornstarch with cold water. Gradually stir into boiling liquid mixture. Cook, stirring constantly, until thickened.
Cornstarch	1/2 cup	2-1/4 oz		
Cold water	1 cup			5. Pour sauce over cooked vegetables.

NUTRITIVE VALUE OF A SERVING OF FOOD

Nutritive Values

Nutritive values of foods in this recipe file have been calculated. Food energy (calories) and the amounts of protein, fat, carbohydrate, fiber, calcium, phosphorus, iron, sodium, potassium, vitamin A, thiamin, riboflavin, niacin, ascorbic acid, saturated fat, oleic acid, linoleic acid, and cholesterol in a serving of each food are shown in a table in this section. This information will be helpful to nutritionists, dietitians, and others who require quantitative nutrient information for planning and evaluating meals for group feeding.

The principle source of the calorie and nutrient data used in the calculations was "Nutritive Value of American Foods in Common Units, Data Sets 456-1 and 456-2."[1] Calorie and nutrient data were also taken from "Composition of Foods," Agriculture Handbook Numbers 8-1 and 8-2[2] for milk and milk products and spices. Unpublished nutrient data were obtained from the Nutrient Data Research Branch, Human Nutrition Information Service, for those ingredients not included in the other sources.

Yield factors were calculated from percentage data published in Agriculture Handbook Number 102, "Food Yields Summarized by Different Stages of Preparation," for different forms of a food to convert raw ingredient weights to the ready-to-eat form.

Calorie and nutrient content of the recipes was computed from data for each ingredient. Input for the computer program included weight of each ingredient either as listed in the recipe or as adjusted for cooking losses.

In the calculations, data for ingredients were used to cover all varieties and most widely used processes or forms. For example, apples are "commercial varieties, freshly harvested and stored," flour is "all-purpose enriched," and skim milk is "fluid with nonfat milk solids added." Data for salted, processed foods were used, unless otherwise specified, to avoid extra expense of "diet foods" and special forms not generally available. Substitutions of one form of an ingredient for another form may not change the quality of the food prepared from the recipes, but often changes the nutrient content from that reported. For example, reconstituted nonfat dry milk used in place of fluid skim milk alters the composition slightly due to higher temperatures used in processing the dried milk.

Recipes are listed in the Nutritive Value Table by section, such as main dishes, bread, etc., and arranged alphabetically by name under each section.

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[1] Food composition data, Food Names and Identification Numbers and Food Composition Data: Values, Data Sets 456-1, 456-2. CFE (Adm.)-338 and 339, May 1977.

[2] See General Information section, page 20, numbers 3 and 4.

TABLE 1.--Nutritive value of a serving of food

Recipe	Serving size	Food energy	Protein	Fat	Carbohydrate	Crude fiber	Calcium	Phosphorus	Iron	Sodium	Potassium
		Kcal	G	G	G	G	Mg	Mg	Mg	Mg	Mg
BEVERAGES											
Apricot buttermilk	1 cup	137	4.3	1.2	28.6	0.3	148.1	120.3	0.4	123	375
Cocoa	About 1 cup	128	9.1	1.2	22.2	.2	298.8	262.1	.5	131	471
Fruit punch	About 1/2 cup without ice	88	.7	.1	22.0	.1	15.0	15.8	.3	1	212
Hot cider	3/4 cup	93	.2	0	23.6	.2	12.0	17.9	1.2	2	201
Lemon milk drink	1 cup	188	9.5	1.8	34.5	0	346.2	275.9	.3	161	495
Strawberry milk drink	1 cup	232	9.9	7.5	32.6	.4	353.0	281.9	.6	167	532
Tomato-pineapple cocktail	3/4 cup	74	1.3	.2	17.9	.3	22.0	26.7	1.2	197	372
BREADS AND CEREALS											
Banana loaf	1 slice	116	1.9	3.3	20.0	.1	35.8	28.6	.5	108	63
Biscuits	1 biscuit	121	2.6	4.9	16.3	.1	76.6	46.2	.6	198	46
Blueberry muffins	1 muffin	160	3.5	6.1	23.0	.2	111.9	68.8	.8	278	72
Bread stuffing	1/3 cup	124	3.1	4.7	17.1	.2	35.1	38.1	.9	247	76
Cinnamon coffee cake	1 piece, about 2 by 3-3/4 in	231	3.6	8.4	35.6	.1	94.6	62.8	1.2	264	90
Cornbread	1 piece, about 2 by 2 in	130	3.2	3.5	21.1	.1	83.9	61.7	.8	148	64
Macaroni	About 1/2 cup	110	3.7	.4	22.4	.1	9.1	48.5	.8	136	59
Noodles	About 1/2 cup	89	2.9	1.1	16.6	.1	8.0	42.3	.6	136	31
Oatmeal rolls	1 roll	113	3.6	2.1	19.7	.1	29.8	58.7	1.0	118	89
Plain muffins	1 muffin	155	3.5	6.0	21.7	.1	111.0	67.6	.7	278	65
Rice, brown	About 1/2 cup	108	2.3	.5	23.2	.3	11.5	66.7	.5	93	64
Rice, white (long and medium grain)	About 1/2 cup	91	1.7	.1	20.3	.1	9.0	23.6	.8	93	23

Recipe	Vitamin A	Thiamin	Ribo-flavin	Niacin	Ascorbic acid	Saturated fat	Oleic acid	Linoleic acid	Choles-terol
	IU	Mg	Mg	Mg	Mg	G	G	G	Mg
BEVERAGES									
Apricot buttermilk	1,275	0.05	0.19	0.38	5.1	0.6	0.3	0	5
Cocoa	566	.10	.43	.32	1.3	.7	.4	0	4
Fruit punch	160	.09	.02	.36	45.3	0	0	0	0
Hot cider	0	.02	.04	.18	1.4	0	0	0	0
Lemon milk drink	592	.11	.46	.32	6.6	1.1	.4	0	9
Strawberry milk drink	732	.12	.54	.47	22.1	4.5	1.8	.2	33
Tomato-pineapple cocktail	782	.09	.05	.96	31.0	0	0	0	0
BREADS AND CEREALS									
Banana loaf	37	.07	.07	.67	.8	.8	1.5	.6	16
Biscuits	30	.11	.10	.97	.1	1.2	2.4	1.0	0
Blueberry muffins	73	.12	.13	1.02	.6	1.1	1.7	2.6	25
Bread stuffing	183	.10	.08	1.07	1.0	.9	2.3	1.3	1
Cinnamon coffee cake	142	.12	.13	1.06	.2	2.0	4.1	1.8	33
Cornbread	109	.10	.11	.88	.1	.6	.9	1.4	22
Macaroni	0	.13	.07	1.04	0	0	0	0	0
Noodles	50	.10	.06	.86	0	0	0	0	22
Oatmeal rolls	45	.14	.15	1.21	.1	.5	.8	.4	17
Plain muffins	69	.11	.13	.98	.2	1.1	1.7	2.6	25
Rice, brown	0	.08	.02	1.28	0	0	0	0	0
Rice, white (long and medium grain)	0	.09	.01	.84	0	0	0	0	0

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TABLE 1.--Nutritive value of a serving of food

Recipe	Serving size	Food energy	Protein	Fat	Carbohydrate	Crude fiber	Calcium	Phosphorus	Iron	Sodium	Potassium
		Kcal	G	G	G	G	Mg	Mg	Mg	Mg	Mg
BREADS AND CEREALS--Con.											
Rice-almond casserole	About 1/2 cup	168	5.4	7.9	18.9	0.3	84.7	131.7	1.1	275	110
Spaghetti	About 1/2 cup	114	3.8	.4	23.1	.1	9.3	50.1	.8	136	61
Spoonbread	1/3 cup	100	5.0	3.0	12.6	.1	87.7	102.5	.7	282	135
Whole-wheat rolls	1 roll	101	3.2	2.6	16.6	.3	22.2	65.6	.7	149	74
Yeast rolls	1 roll	103	2.9	2.5	17.0	.1	19.6	36.4	.7	149	46
DESSERTS											
Apple cobbler	1 piece, about 2 by 3-3/4 in	179	1.3	5.2	33.6	.8	9.7	15.9	.9	108	104
Baked custard	About 1/2 cup	104	6.4	2.9	13.0	0	140.1	144.9	.6	131	199
Chocolate pudding	About 1/2 cup	153	5.3	5.3	22.7	.1	157.9	145.9	.6	140	236
Cranberry-apple tapioca with pears	About 1/2 cup	116	.2	.2	29.3	.4	8.3	9.9	.5	71	92
Lemon pudding	1/2 cup	144	1.1	2.8	29.9	0	6.7	16.1	.2	104	33
Oatmeal-molasses cookies	1 cookie	104	1.5	4.1	15.7	.1	21.6	26.1	.7	58	93
Peach crisp	About 1/2 cup	225	1.9	7.9	38.5	.6	23.6	43.5	1.3	96	221
Peach-yogurt dessert	1 piece, about 2 by 2 in	90	2.4	2.4	15.8	.2	41.4	48.5	.3	80	196
Pumpkin pie	1/8 pie	247	5.3	9.5	36.0	.7	86.2	95.6	1.3	354	244
Spice cake	1 piece, about 2 by 3-3/4 in	214	3.2	8.6	31.3	.1	83.4	57.6	.8	198	55
Spicy bread pudding	1 piece, about 2 by 2 in	115	4.5	1.7	21.6	.3	95.3	106.0	1.2	158	206
Vanilla frosting	About 1-1/3 tbsp	92	.1	2.4	18.2	0	3.9	3.1	0	55	5

Recipe	Vitamin A	Thiamin	Ribo-flavin	Niacin	Ascorbic acid	Saturated fat	Oleic acid	Linoleic acid	Choles-terol
	IU	Mg	Mg	Mg	Mg	G	G	G	Mg
BREADS AND CEREALS--Con.									
Rice-almond casserole	237	0.10	0.11	1.10	0.4	2.6	3.6	1.1	12
Spaghetti	0	.14	.08	1.07	0	0	0	0	0
Spoonbread	306	.08	.18	.46	.4	.8	1.2	.5	88
Whole-wheat rolls	30	.11	.09	.99	.1	.4	.8	1.1	11
Yeast rolls	33	.11	.12	1.07	.1	.4	.7	1.0	11
DESSERTS									
Apple cobbler	233	.07	.05	.48	.9	.9	2.5	1.3	0
Baked custard	324	.05	.24	.12	.7	1.0	1.0	.3	132
Chocolate pudding	274	.05	.23	.19	.9	2.9	1.7	.2	42
Cranberry-apple tapioca with pears	0	.01	.02	.10	5.4	0	0	0	0
Lemon pudding	119	.01	.02	.02	6.8	.6	1.3	.6	44
Oatmeal-molasses cookies	15	.06	.05	.52	0	1.0	2.0	.9	11
Peach crisp	676	.07	.07	1.05	2.4	1.5	3.9	2.1	0
Peach-yogurt dessert	366	.04	.07	.55	13.7	.6	1.1	.5	1
Pumpkin pie	3,190	.12	.20	1.14	1.9	1.9	4.4	2.3	69
Spice cake	72	.10	.11	.80	.2	2.2	4.1	1.7	44
Spicy bread pudding	154	.06	.14	.42	.5	.5	.6	.3	56
Vanilla frosting	104	0	0	0	0	.4	1.2	.7	0

TABLE 1.--Nutritive value of a serving of food--Continued

Recipe	Serving size	Food energy	Protein	Fat	Carbohydrate	Crude fiber	Calcium	Phosphorus	Iron	Sodium	Potassium
		Kcal	G	G	G	G	Mg	Mg	Mg	Mg	Mg
DESSERTS--Con.											
Vanilla pudding	About 1/2 cup	115	4.8	2.9	17.6	0	154.3	128.4	0.3	140	199
Yellow cake	1 piece, about 2 by 3-3/4 in	213	3.2	8.6	31.0	0	80.4	57.3	.7	197	53
MAIN DISHES											
Baked beans	About 3/4 cup	295	17.2	1.4	55.9	3.4	152.7	338.1	7.0	404	1,144
Baked flounder	1 piece	171	25.2	6.9	.5	0	21.3	288.8	1.2	334	500
Baked macaroni and cheese	About 2/3 cup	240	11.7	11.0	23.5	.1	277.1	325.8	.9	536	227
Baked stuffed cod	1 piece, about 2 by 3-3/4 in	207	21.5	5.9	15.8	.2	49.1	243.2	1.3	426	469
Beef-potato pie	About 2/3 cup beef mixture and 1/3 cup potatoes	195	16.3	6.1	18.6	1.1	48.1	202.6	3.1	482	543
Chicken cacciatore	1 breast half and 1/3 cup sauce	157	26.6	3.2	4.6	.4	84.2	283.8	2.2	424	602
	or										
	1 leg and 1/3 cup sauce	189	26.1	6.9	4.6	.4	87.7	274.5	2.9	479	550
Chicken-cheese-macaroni casserole	About 3/4 cup	251	16.7	10.1	22.7	.1	201.7	292.9	1.4	409	315
Chicken-corn casserole	About 1/2 cup	191	17.0	8.1	13.0	.4	53.8	195.6	1.2	420	266

Recipe	Vitamin A	Thiamin	Riboflavin	Niacin	Ascorbic acid	Saturated fat	Oleic acid	Linoleic acid	Cholesterol
	IU	Mg	Mg	Mg	Mg	G	G	G	Mg
DESSERTS--Con.									
Vanilla pudding	271	0.05	0.22	0.12	0.9	1.6	0.8	0.1	42
Yellow cake	71	.10	.11	.80	.1	2.2	4.1	1.7	44
MAIN DISHES									
Baked beans	386	.22	.17	1.88	8.5	0	0	0	0
Baked flounder	1	.06	.07	2.10	3.7	1.7	1.7	0	75
Baked macaroni and cheese	564	.10	.29	.73	.6	5.8	3.0	.7	27
Baked stuffed cod	244	.11	.15	2.88	3.1	1.1	2.8	1.5	54
Beef-potato pie	3,620	.16	.18	3.12	13.8	2.4	2.6	.5	39
Chicken cacciatore	828	.09	.20	8.44	14.2	1.2	1.3	0	83
	913	.10	.41	6.25	14.2	2.2	2.2	1.4	120
Chicken-cheese-macaroni casserole	657	.11	.28	2.25	4.8	4.1	3.5	1.4	38
Chicken-corn casserole	399	.05	.13	3.65	3.4	2.5	3.0	1.4	43

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TABLE 1.--Nutritive value of a serving of food--Continued

Recipe	Serving size	Food energy	Protein	Fat	Carbohydrate	Crude fiber	Calcium	Phosphorus	Iron	Sodium	Potassium
		Kcal	G	G	G	G	Mg	Mg	Mg	Mg	Mg
MAIN DISHES--Con.											
Chicken curry	About 2/3 cup curry and 1/2 cup rice	265	17.9	6.4	33.2	0.4	100.5	218.8	2.0	390	379
Chicken loaf	1 piece, about 2 by 2 in	144	17.1	6.9	2.4	.1	13.6	149.3	1.0	321	235
Chili con carne	3/4 cup	199	13.9	6.8	21.3	1.3	44.5	185.3	3.9	540	605
Creole pork chops	1 chop plus about 1/4 cup sauce	183	20.1	9.5	3.3	.4	73.5	218.5	2.9	280	362
Hawaiian pork	About 2/3 cup pork and 1/2 cup rice	264	18.3	6.3	32.4	.7	39.1	227.5	3.8	388	488
Hot ham-potato salad	About 1 cup	245	17.3	9.0	24.0	.7	23.4	170.4	2.8	573	508
Lamb stew	About 1 cup	230	22.6	7.8	16.3	.9	34.4	215.4	2.2	344	539
Liver and tomatoes	About 3/4 cup liver and 1/2 cup rice	272	19.2	7.8	30.2	.7	142.1	338.4	6.8	275	534
Meat loaf	1 slice, about 5/8-in thick	248	19.7	15.3	6.5	.1	60.2	188.8	2.7	390	270
Meat sauce	About 1/2 cup	194	15.2	11.8	7.0	.4	19.0	138.4	3.2	330	487
Oven-baked chicken	1 breast quarter	353	46.1	17.2	0	0	23.8	318.0	1.8	394	361
	or										
	1 leg quarter	377	38.7	23.5	0	0	22.4	250.3	2.0	405	328
Pepper steak	1 piece plus 1/4 cup sauce	259	26.0	13.5	7.2	.5	78.9	237.9	3.6	414	453
Salisbury steaks with mushroom sauce	1 steak plus 2 tbsp sauce	249	19.5	14.4	9.3	.1	75.6	197.7	2.6	356	297
Sauerbraten beef cubes	About 1/3 cup beef and 1/2 cup noodles	213	18.6	6.5	19.1	.1	21.6	202.6	3.1	333	318
Tuna loaf	1 piece, about 2 by 2 in	128	17.7	4.7	2.8	.1	27.1	133.9	1.2	259	205

Recipe	Vitamin A	Thiamin	Ribo-flavin	Niacin	Ascorbic acid	Saturated fat	Oleic acid	Linoleic acid	Choles-terol
	IU	Mg	Mg	Mg	Mg	G	G	G	Mg
MAIN DISHES--Con.									
Chicken curry	319	0.16	0.20	3.93	1.1	1.5	2.8	1.5	38
Chicken loaf	276	.04	.10	4.07	2.6	1.6	3.0	1.6	67
Chili con carne.	1,132	.11	.13	2.90	20.6	3.0	2.7	.1	29
Creole pork chops	531	.57	.21	4.09	15.4	3.4	3.9	.8	58
Hawaiian pork	2,691	.49	.21	4.18	17.9	2.2	2.5	.5	49
Hot ham-potato salad	189	.29	.16	3.17	20.0	2.5	4.1	1.5	51
Lamb stew	5,567	.18	.24	4.70	13.8	4.3	2.7	.2	76
Liver and tomatoes	25,226	.22	2.08	7.76	38.8	2.0	3.3	1.1	265
Meat loaf	125	.10	.23	3.91	.7	7.2	6.7	.4	93
Meat sauce	1,168	.10	.15	3.71	24.2	5.6	5.1	.2	48
Oven-baked chicken	175	.10	.19	17.70	0	4.8	6.8	3.7	134
[illegible]	299	.10	.31	9.48	0	6.5	9.2	5.2	136
Pepper steak	564	.08	.20	3.56	19.7	6.4	5.8	.3	81
Salisbury steaks with mushroom sauce	110	.08	.24	2.69	.7	6.8	6.3	.4	59
Sauerbraten beef cubes	58	.12	.17	3.05	2.1	2.6	2.4	.1	68
Tuna loaf	307	.04	.10	8.00	2.7	1.0	2.1	1.2	59

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TABLE 1.--Nutritive value of a serving of food--Continued

Recipe	Serving size	Food energy	Pro- tein	Fat	Carbohy- drate	Crude fiber	Calcium	Phos- phorus	Iron	Sodium	Potas- sium
		Kcal	G	G	G	G	Mg	Mg	Mg	Mg	Mg
MAIN DISHES--Con.											
Turkey-cheese-macaroni casserole	About 3/4 cup	259	17.7	10.5	22.7	0.1	200.7	297.9	1.5	425	321
Turkey-corn casserole	About 1/2 cup	205	18.6	8.8	13.0	.4	52.3	204.9	1.4	447	278
Turkey curry	About 2/3 cup curry and 1/2 cup rice	280	19.7	7.1	33.2	.4	99.0	223.6	2.2	418	393
Turkey loaf	1 piece, about 2 by 2 in	162	19.4	7.8	2.4	.1	11.8	162.2	1.3	356	252
SALADS											
Apple-cabbage slaw	About 1/2 cup	67	.9	4.3	7.2	.5	32.9	23.5	.3	204	136
Chicken-macaroni	About 1 cup	237	15.6	10.7	19.3	.4	27.3	155.0	1.5	343	313
Chicken waldorf	About 1/2 cup	180	14.0	11.4	5.8	.4	21.8	136.9	1.0	230	269
Cranberry-orange relish	About 1/4 cup	66	.2	.2	17.2	.5	9.9	5.4	.2	1	50
Fruit	About 1/2 cup	96	1.0	.8	23.4	.7	17.7	24.4	.7	12	246
Ham-vegetable	About 1-1/4 cups	207	14.2	12.7	10.0	1.1	35.7	144.7	2.6	472	382
Jellied citrus	1 piece, about 2 by 3-3/4 in	87	1.6	.1	21.4	.2	13.3	15.0	.4	5	136
Jellied vegetable	1 piece, about 2 by 3-3/4 in	40	1.6	.9	9.1	.9	18.8	16.8	.3	131	174
Potato	About 1/2 cup	133	3.3	7.6	13.4	.5	24.2	63.6	.8	398	289
Raw vegetable	About 1 cup	54	.9	4.2	4.1	.5	21.4	21.7	.6	83	175
Salmon-vegetable	About 1-1/4 cups	177	10.7	11.0	10.0	1.1	109.5	166.9	1.4	207	395
Tuna-macaroni	About 1 cup	223	16.0	9.0	19.3	.4	28.8	138.5	1.6	299	269
Turkey-macaroni	About 1 cup	251	17.4	11.4	19.3	.4	25.9	164.8	1.7	371	325

Recipe	Vitamin A	Thiamin	Ribo-flavin	Niacin	Ascorbic acid	Saturated fat	Oleic acid	Linoleic acid	Choles-terol
	IU	Mg	Mg	Mg	Mg	G	G	G	Mg
SALADS--Con.									
Turkey-cheese-macaroni casserole	667	0.11	0.29	2.39	4.8	4.2	3.8	1.5	40
Turkey-corn casserole	417	.05	.15	3.91	3.4	2.7	3.4	1.6	47
Turkey curry	337	.16	.22	4.22	1.1	1.6	3.2	1.6	43
Turkey loaf	299	.04	.12	3.73	2.6	1.8	3.6	1.8	73
SALADS									
Apple-cabbage slaw	104	.03	.04	.17	23.4	.7	.9	2.0	5
Chicken-macaroni	279	.13	.15	4.51	13.4	2.2	2.6	4.5	46
Chicken waldorf	172	.06	.10	3.85	3.2	2.0	2.6	5.4	44
Cranberry-orange relish	44	.02	.01	.08	8.9	0	0	0	0
Fruit	220	.06	.05	.57	6.8	.3	.1	0	2
Ham-vegetable	2,846	.38	.19	2.90	12.8	2.9	4.1	4.4	41
Jellied citrus	362	.04	.04	.32	26.4	0	0	0	0
Jellied vegetable	613	.03	.03	.21	14.9	0	0	0	0
Potato	178	.08	.07	.92	13.4	1.5	1.9	3.2	76
Raw vegetable	1,527	.04	.05	.28	16.7	.7	1.2	2.0	0
Salmon-vegetable	2,874	.12	.15	4.03	12.8	2.1	2.9	4.1	14
Tuna-macaroni	276	.12	.12	7.07	13.4	1.6	1.9	4.2	40
Turkey-macaroni	303	.13	.16	4.37	13.4	2.3	3.0	4.7	51

TABLE 1.--Nutritive value of a serving of food--Continued

Recipe	Serving size	Food energy	Protein	Fat	Carbohydrate	Crude fiber	Calcium	Phosphorus	Iron	Sodium	Potassium
		Kcal	G	G	G	G	Mg	Mg	Mg	Mg	Mg
SALADS--Con.											
Turkey waldorf	About 1/2 cup	194	15.6	12.1	5.8	0.4	20.3	146.2	1.2	258	280
Vegetable-cottage cheese	About 3/4 cup	113	17.5	1.5	7.1	.4	98.9	198.7	.5	570	266
SALAD DRESSINGS											
French	About 1 tbsp	29	0	2.5	1.8	0	.8	.9	0	36	5
Fruit salad	About 2 tsp	16	.3	.5	2.5	0	2.9	3.9	0	9	15
SANDWICHES											
Egg and cottage cheese	1 sandwich	222	14.1	5.8	27.5	.3	96.4	170.9	1.9	539	203
Fiesta hamburgers	1	282	16.4	12.3	25.5	.4	46.9	159.7	2.9	337	252
Fish salad	1 sandwich	209	12.1	6.0	26.1	.2	49.7	136.6	1.5	430	244
Hot chicken salad	1 sandwich	235	15.1	8.9	22.7	.1	77.8	170.4	1.4	509	202
Hot turkey salad	1 sandwich	240	15.5	9.3	22.7	.1	76.3	170.4	1.5	527	200
Peanut butter-raisin	1 sandwich	414	14.8	19.0	51.7	1.1	85.6	221.8	2.9	480	547
SOUPS											
Chicken-pimiento	1 cup	158	11.5	7.4	11.0	.2	118.5	173.4	1.0	426	352
Golden squash	1 cup	145	8.1	4.5	19.1	.8	261.8	220.7	1.0	531	458
Navy bean	1 cup	173	10.1	0.7	32.7	2.2	78.3	202.0	3.6	608	708
Salmon chowder	1 cup	202	15.4	8.3	16.1	.1	329.9	321.7	.8	623	503
Split pea	1 cup	176	10.9	.5	33.3	.9	33.0	137.9	2.5	616	585
Turkey-pimiento	1 cup	161	11.6	7.6	11.0	.2	117.8	173.2	1.0	435	351
Vegetable	1 cup	82	4.7	.3	15.9	1.3	114.8	76.7	1.4	487	501

Recipe	Vitamin A	Thiamin	Riboflavin	Niacin	Ascorbic acid	Saturated fat	Oleic acid	Linoleic acid	Cholesterol
	IU	Mg	Mg	Mg	Mg	G	G	G	Mg
SALADS--Con.									
Turkey waldorf	195	0.06	0.11	3.69	3.2	2.1	3.0	5.5	48
Vegetable-cottage cheese	2,064	.06	.26	.41	12.8	.9	.3	0	5
SALAD DRESSINGS									
French	30	0	0	0	0	.4	.7	1.2	0
Fruit salad	29	0	0	0	1.7	.3	.1	0	2
SANDWICHES									
Egg and cottage cheese	230	.23	.29	1.76	2.5	1.7	2.0	1.2	135
Fiesta hamburgers	246	.18	.22	3.87	1.6	5.2	5.4	.8	78
Fish salad	89	.22	.16	2.61	5.2	1.1	1.6	2.6	28
Hot chicken salad	139	.14	.17	3.59	.5	2.9	2.8	2.4	41
Hot turkey salad	150	.14	.17	3.18	.5	2.9	3.1	2.5	42
Peanut butter-raisin	998	.27	.19	7.32	1.8	3.5	9.5	5.3	1
SOUPS									
Chicken-pimiento	497	.08	.23	3.12	3.1	1.6	3.5	1.8	16
Golden squash	2,752	.11	.38	.71	6.5	1.0	2.0	1.0	4
Navy bean	1,867	.20	.10	1.33	6.8	0	0	0	0
Salmon chowder	669	.12	.46	3.57	2.1	1.9	3.4	1.6	16
Split pea	1,904	.22	.13	1.55	6.8	0	0	0	0
Turkey-pimiento	503	.08	.23	3.14	3.1	1.6	3.6	1.9	17
Vegetable	2,125	.14	.08	1.88	27.3	0	0	0	0

TABLE 1.--Nutritive value of a serving of food--Continued

Recipe	Serving size	Food energy	Protein	Fat	Carbohydrate	Crude fiber	Calcium	Phosphorus	Iron	Sodium	Potassium
		Kcal	G	G	G	G	Mg	Mg	Mg	Mg	Mg
SAUCES											
Blueberry	About 1/4 cup	31	0.2	0.1	7.7	0.4	2.7	3.5	0.2	0	24
Brown gravy	About 2 tbsp	30	.7	1.9	2.4	0	3.7	7.0	.2	46	20
Lemon vegetable	About 1 tbsp	20	.1	1.8	.8	0	.9	1.3	0	58	3
Pineapple	About 1/4 cup	46	.3	.1	11.7	.2	9.6	5.1	.2	1	92
Tartar	2 tbsp	97	.3	8.2	6.0	.1	6.2	7.7	.1	175	27
White--Thin	1 cup	171	9.7	6.5	18.4	0	320.6	263.3	.5	490	427
Medium	1 cup	251	10.6	12.4	24.4	0	323.3	271.4	.7	561	437
Thick	1 cup	331	11.5	18.2	30.6	.1	326.0	279.5	.9	631	446
VEGETABLES											
Baked onions	About 1/2 cup	31	1.3	.1	6.9	.7	26.5	31.4	.5	143	120
Beets with orange sauce	1/2 cup	84	1.2	.1	20.6	.8	22.1	23.3	.7	233	232
Broccoli and onions au gratin	About 1/2 cup	80	5.3	3.5	8.5	.9	115.4	113.0	.7	295	261
Creole celery	About 1/2 cup	29	1.5	.2	6.4	.9	88.0	38.0	.6	309	430
Herb-seasoned spinach casserole	About 1/2 cup	85	5.1	4.1	8.2	.6	165.2	98.9	1.8	296	318
Lemon parsley carrots	About 1/2 cup	46	.9	2.0	6.9	.9	31.2	29.5	.6	271	209
Mashed potatoes	About 1/2 cup	106	2.4	3.8	16.0	.5	20.8	55.9	.5	188	322
Mexican corn	About 1/2 cup	89	2.3	2.6	17.1	.8	6.8	44.0	.5	222	103
Pineapple squash	About 1/2 cup	102	1.6	4.1	17.4	1.5	38.7	41.2	1.3	322	303
Savory potatoes	About 1/2 cup	67	1.5	1.9	11.3	.4	6.3	33.2	.4	206	223
Seasoned green beans	About 1/2 cup	44	1.6	2.0	6.3	1.1	39.9	31.1	.9	274	166
Seasoned summer squash	About 1/3 cup	35	1.2	2.0	4.2	.7	32.4	31.4	.5	281	170
Sweetpotato puff	About 1/2 cup	160	2.5	5.3	26.2	.5	22.6	51.2	.9	240	159
Vegetable medley	About 1/2 cup	72	2.9	3.0	9.3	1.3	30.2	53.7	1.1	306	180

Recipe	Vitamin A	Thiamin	Riboflavin	Niacin	Ascorbic acid	Saturated fat	Oleic acid	Linoleic acid	Cholesterol
	IU	Mg	Mg	Mg	Mg	G	G	G	Mg
SAUCES									
Blueberry	13	0.01	0.01	0.11	2.0	0	0	0	0
Brown gravy	78	.02	.02	.37	0	.4	1.0	.5	0
Lemon vegetable	75	0	0	.04	.3	.3	.9	.5	0
Pineapple	26	.04	.02	.15	4.8	0	0	0	0
Tartar	86	0	.01	.01	1.5	1.5	1.8	4.1	10
White--Thin	733	.13	.46	.63	1.8	1.4	3.0	1.6	5
Medium	969	.17	.49	1.00	1.8	2.5	6.0	3.2	5
Thick	1,203	.21	.52	1.38	1.8	3.5	8.9	4.7	5
VEGETABLES									
Baked onions	169	.03	.04	.24	7.5	0	0	0	0
Beets with orange sauce	68	.03	.03	.19	13.5	0	0	0	0
Broccoli and onions au gratin	1,679	.07	.17	.54	46.6	1.2	1.3	.5	5
Creole celery	670	.05	.05	.61	21.6	0	0	0	0
Herb-seasoned spinach casserole	5,897	.08	.19	.52	8.5	1.3	1.6	.7	5
Lemon parsley carrots	9,420	.05	.05	.46	7.1	.3	.9	.5	0
Mashed potatoes	170	.10	.05	1.29	17.2	.7	1.9	1.0	0
Mexican corn	506	.02	.04	.70	10.1	.3	.9	.5	0
Pineapple squash	4,594	.06	.08	.63	12.4	.7	1.9	1.0	0
Savory potatoes	83	.07	.02	.93	12.5	.3	.9	.5	0
Seasoned green beans	648	.05	.07	.32	11.2	.3	1.0	.5	0
Seasoned summer squash	520	.06	.09	.90	11.9	.3	.9	.5	0
Sweetpotato puff	3,496	.04	.06	.54	12.6	1.1	2.4	1.2	66
Vegetable medley	4,861	.12	.07	1.00	18.1	.5	1.4	.8	0

INDEX TO RECIPES

Page

- Apple-cabbage slaw---------- 126
- Apple cobbler---------- 47
- Apricot buttermilk---------- 23
- Baked beans---------- 85
- Baked custard---------- 49
- Baked flounder---------- 87
- Baked macaroni and cheese---------- 88
- Baked onions---------- 168
- Baked stuffed cod---------- 89
- Banana loaf---------- 30
- Beef-potato pie---------- 91
- Beets with orange sauce---------- 169
- Beverages:
  - Apricot buttermilk---------- 23
  - Cocoa---------- 24
  - Fruit punch---------- 25
  - Hot cider---------- 26
  - Lemon milk drink---------- 27
  - Strawberry milk drink---------- 28
  - Tomato-pineapple cocktail---------- 26
- Biscuits---------- 31
- Blueberry muffins---------- 39
- Blueberry sauce---------- 150
- Bread stuffing---------- 32
- Breads and cereals:
  - Banana loaf---------- 30
  - Biscuits---------- 31
  - Blueberry muffins---------- 39

Page

- Breads and cereals--continued:
  - Bread stuffing---------- 32
  - Cinnamon coffee cake---------- 33
  - Cornbread---------- 35
  - Macaroni, noodles, or spaghetti---------- 36
  - Oatmeal rolls---------- 37
  - Plain muffins---------- 39
  - Rice (white or brown)---------- 40
  - Rice-almond casserole---------- 41
  - Spoonbread---------- 42
  - Whole-wheat rolls---------- 44
  - Yeast rolls---------- 43
- Broccoli and onions au gratin---------- 170
- Brown gravy---------- 151
- Chicken cacciatore---------- 93
- Chicken-cheese-macaroni casserole---------- 115
- Chicken-corn casserole---------- 94
- Chicken curry---------- 116
- Chicken loaf---------- 96
- Chicken-macaroni salad---------- 122
- Chicken-pimiento soup---------- 144
- Chicken waldorf salad---------- 124
- Chili con carne---------- 98
- Chocolate pudding---------- 59
- Cinnamon coffee cake---------- 33
- Cocoa---------- 24
- Cornbread---------- 35
- Cranberry-apple tapioca with pears---------- 50

INDEX TO RECIPES--Continued

Page
Cranberry-orange relish 127
Creole celery 171
Creole pork chops 99
Desserts:
  Apple cobbler 47
  Baked custard 49
  Chocolate pudding 59
  Cranberry-apple tapioca with pears 50
  Lemon pudding 51
  Oatmeal-molasses cookies 52
  Peach crisp 53
  Peach-yogurt dessert 54
  Pumpkin pie 56
  Spice cake 60
  Spicy bread pudding 57
  Vanilla frosting 58
  Vanilla pudding 59
  Yellow cake 60
Egg and cottage cheese sandwiches 138
Fiesta hamburgers 139
Fish salad sandwiches 140
French dressing 133
Fruit punch 25
Fruit salad 128
Fruit salad dressing 134
Golden squash soup 145
Ham-vegetable salad 123
Hawaiian pork 100

Page
Herb-seasoned spinach casserole 172
Hot chicken salad sandwiches 141
Hot cider 26
Hot ham-potato salad 102
Hot turkey salad sandwiches 141
Jellied citrus salad 129
Jellied vegetable salad 130
Lamb stew 103
Lemon milk drink 27
Lemon parsley carrots 173
Lemon pudding 51
Lemon vegetable sauce 152
Liver and tomatoes 104
Macaroni, noodles, or spaghetti 36
Main dishes:
  Baked beans 85
  Baked flounder 87
  Baked macaroni and cheese 88
  Baked stuffed cod 89
  Beef-potato pie 91
  Chicken cacciatore 93
  Chicken-cheese-macaroni casserole 115
  Chicken-corn casserole 94
  Chicken curry 116
  Chicken loaf 96
  Chili con carne 98
  Creole pork chops 99
  Hawaiian pork 100

(over)

INDEX TO RECIPES--Continued

Page

- Main Dishes--continued
  - Hot ham potato salad 102
  - Lamb stew 103
  - Liver and tomatoes 104
  - Meat loaf 106
  - Meat sauce 107
  - Oven-baked chicken 108
  - Pepper steak 109
  - Salisbury steaks with mushroom sauce 111
  - Sauerbraten beef cubes 113
  - Tuna loaf 97
  - Turkey-cheese-macaroni casserole 114
  - Turkey-corn casserole 95
  - Turkey curry 116
  - Turkey loaf 97
- Mashed potatoes 174
- Meat loaf 106
- Meat sauce 107
- Mexican corn 175
- Navy bean soup 147
- Oatmeal-molasses cookies 52
- Oatmeal rolls 37
- Oven-baked chicken 108
- Peach crisp 53
- Peach-yogurt dessert 54
- Peanut butter-raisin sandwiches 142
- Pepper steak 109
- Pineapple sauce 153
- Pineapple squash 176

Page

- Plain muffins 39
- Potato salad 131
- Pumpkin pie 56
- Raw vegetable salad 132
- Rice (white or brown) 40
- Rice-almond casserole 41
- Salad dressings:
  - French dressing 133
  - Fruit salad dressing 134
- Salads:
  - Apple-cabbage slaw 126
  - Chicken-macaroni salad 122
  - Chicken waldorf salad 124
  - Cranberry-orange relish 127
  - Fruit salad 128
  - Ham-vegetable salad 123
  - Jellied citrus salad 129
  - Jellied vegetable salad 130
  - Potato salad 131
  - Raw vegetable salad 132
  - Salmon-vegetable salad 123
  - Tuna-macaroni salad 122
  - Turkey-macaroni salad 122
  - Turkey waldorf salad 124
  - Vegetable-cottage cheese salad 125
- Salisbury steaks with mushroom sauce 111
- Salmon chowder 146
- Salmon-vegetable salad 123

INDEX TO RECIPES--Continued

Page

Sandwiches:
- Egg and cottage cheese sandwiches-------- 138
- Fiesta hamburgers------------------------ 139
- Fish salad sandwiches-------------------- 140
- Hot chicken salad sandwiches------------- 141
- Hot turkey salad sandwiches-------------- 141
- Peanut butter-raisin sandwiches---------- 142

Sauces:
- Blueberry sauce-------------------------- 150
- Brown gravy------------------------------ 151
- Lemon vegetable sauce-------------------- 152
- Pineapple sauce-------------------------- 153
- Tartar sauce----------------------------- 154
- White sauce (thin, medium, thick)-------- 155

Sauerbraten beef cubes-------------------- 113
Savory potatoes--------------------------- 177
Seasoned green beans---------------------- 178
Seasoned summer squash-------------------- 179

Soups:
- Chicken-pimiento soup------------------- 144
- Golden squash soup---------------------- 145
- Navy bean soup-------------------------- 147
- Salmon chowder-------------------------- 146
- Split pea soup-------------------------- 147
- Turkey-pimiento soup-------------------- 144
- Vegetable soup-------------------------- 148

Spice cake-------------------------------- 60
Spicy bread pudding----------------------- 57

Page

Split pea soup---------------------------- 147
Spoonbread-------------------------------- 42
Strawberry milk drink--------------------- 28
Sweetpotato puff-------------------------- 180
Tartar sauce------------------------------ 154
Tomato-pineapple cocktail----------------- 26
Tuna loaf--------------------------------- 97
Tuna-macaroni salad----------------------- 122
Turkey-cheese-macaroni casserole---------- 114
Turkey-corn casserole--------------------- 95
Turkey curry------------------------------ 116
Turkey loaf------------------------------- 97
Turkey-macaroni salad--------------------- 122
Turkey-pimiento soup---------------------- 144
Turkey waldorf salad---------------------- 124
Vanilla frosting-------------------------- 58
Vanilla pudding--------------------------- 59
Vegetable-cottage cheese salad------------ 125
Vegetable medley-------------------------- 181

Vegetables:
- Baked onions---------------------------- 168
- Beets with orange sauce----------------- 169
- Broccoli and onions au gratin----------- 170
- Creole celery--------------------------- 171
- Herb-seasoned spinach casserole--------- 172
- Lemon parsley carrots------------------- 173
- Mashed potatoes------------------------- 174
- Mexican corn---------------------------- 175

INDEX TO RECIPES--Continued

Page

Pineapple squash------------------------ 176
Savory potatoes------------------------- 177
Seasoned green beans-------------------- 178
Seasoned summer squash------------------ 179
Sweetpotato puff------------------------ 180
Vegetable medley------------------------ 181

Page

Vegetable medley------------------------ 181
Vegetable soup-------------------------- 148
White sauce (thin, medium, thick)---------- 155
Whole-wheat rolls----------------------- 44
Yeast rolls----------------------------- 43
Yellow cake----------------------------- 60

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